OUR SEASIDE NUMBER.

SANDOW'S MAGAZINE

of PHYSICAL CULTURE & BRITISH SPORT

AUGUST
No. 62

ABSOLUTE HEALTH

CAN BE OBTAINED THROUGH

SANDOW'S

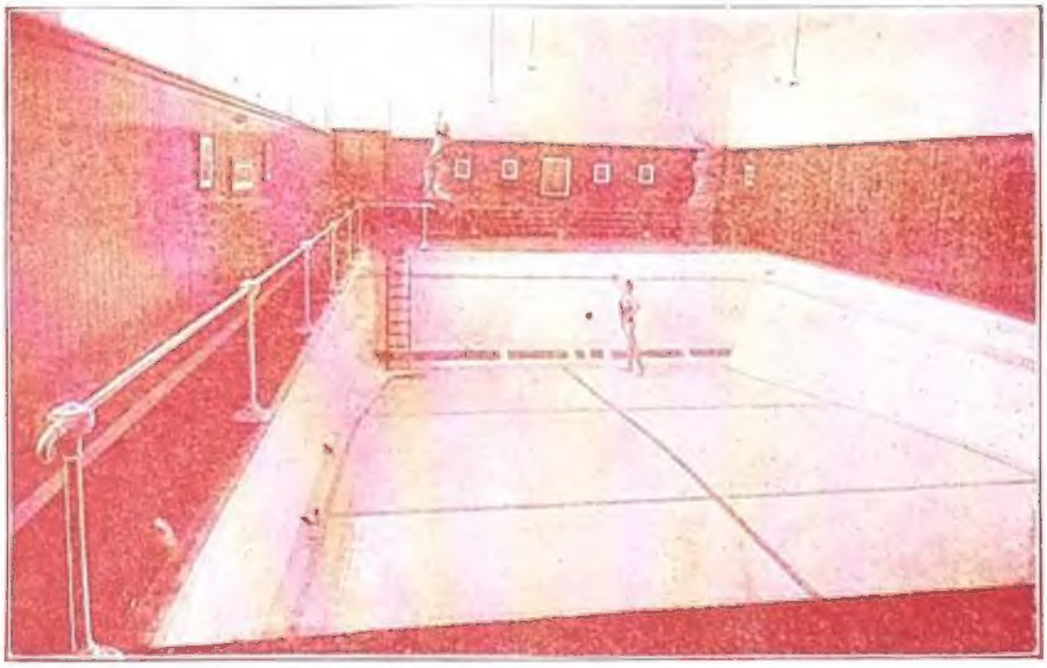
WORLD-RENOWNED

SYSTEM OF PHYSICAL CULTURE

AT HIS SCHOOLS—

32a, St. James' Street, S.W.;
115a, Ebury Street, S.W.;
Brook House, Walbrook, E.C.;
185, Tottenham Court Road, W.C.;
Crystal Palace, Sydenham;
Oxford Street, Manchester.

Inspection Invited.



(CRYSTAL PALACE SWIMMING BATH.)

SPECIALITIES: Reduction of Obesity; Improvement of Digestion; Functional Weakness of the Heart; Lung Weakness; Nervous Debility; Lateral Curvature and General Development, &c., &c.

ALSO PRIVATE TUITION AT HOME.

Instructors sent out. Pupils prepared for Army, Navy, and Insurance.

15 10 190 LIBRARY

Digitized by Google

No. 62. Volume XI.

MONTHLY 6d.

SANDOW'S MAGAZINE.

MONTHLY 6d.

CONTENTS FOR AUGUST, 1903.

		Page
STRENGTH. A BREAKER AT ST. LEONARD'S		Frontispiece
THE WALKING CRAZE	Eugen Sandow	49
PHYSICAL PARS		51
TOILERS OF THE DEEP *Illustrated.*	A. E. Johnson	52
A NEW SANDOW POSE.—XXI.		57
TROTTING IN ENGLAND.—II. *Illustrated.*	Archibald Sinclair	58
PRETTY POLLY, LTD. A SEASIDE YARN *Illustrated.*	Herbert Russell	63
WITH ROD AND REEL IN SALT WATER *Illustrated.*	A. R. Matthews	76
THE EARLY EDUCATION OF CHILDREN	Edwin Dowzard, F.C.S.	81
THE BULL FIGHT *Illustrated.*		83
PHYSICAL BEAUTY IN MAN AND WOMAN. AMERICAN COMPARISONS		86
A HOLIDAY ON THE BROADS *Illustrated.*	M. A. Hughes	88
A NEW SANDOW POSE.—XXII.		93
BATHS OF THE ANCIENTS *Illustrated.*		94
OUR LIFEBOAT SERVICE *Illustrated.*		96
IN THE DOCTOR'S SANCTUM: COSTLESS CURES		103
OUR LADIES' PAGES		107
SANDOW PRESENTATION SPORTS CUP. THE ROWING COMPETITION		109
THE NATIONAL PHYSIQUE. ACTION BY THE HOUSE OF LORDS		111
NOTES OF THE MONTH *Illustrated.*		114
ATHLETICS IN THE CITY *Illustrated.*	A. P. Parker	118
WEST-END ASSOCIATION NOTES *Illustrated.*	"K."	121
NEW PHOTOGRAPHIC PRIZE COMPETITION		124
MATTERS OF WEIGHT	"Bar-bell"	125
HINTS FROM SANDOW		127

EDITOR'S AND PUBLISHERS' NOTES.

NOTICE TO CONTRIBUTORS—*The Editor will at all times be glad to consider articles, stories, and sketches addressed to him at 32a, St. James's Street, London, S.W., but in order to avoid waste of time, contributors would do well to submit suggestions for his approval before sending in their work. In no case can the Editor be responsible for the safety of unsolicited sketches and literary matter, but where stamps are enclosed he will do his best to secure their return if unsuitable. When photos are to be returned, contributors should state so clearly on the back of each.*

The Editor has great pleasure in announcing that arrangements have now been completed by which the Magazine will be published punctually on the first of the month.

Fresh copy for advertisements must be sent in before the 15th of this month, or the advertisement will be printed as in the previous month.

The Subscription to Sandow's Magazine *is 8s. 6d. per annum, post free, and should be forwarded to the Manager, 32a, St. James's Street, S.W.*

Volumes VI., VII., VIII., IX. and X., bound in handsome covers, will be supplied for 6s. each. Cloth Cases, price 1s. 6d., post free, 1s. 9d., can be obtained on application.

Digitized by Google

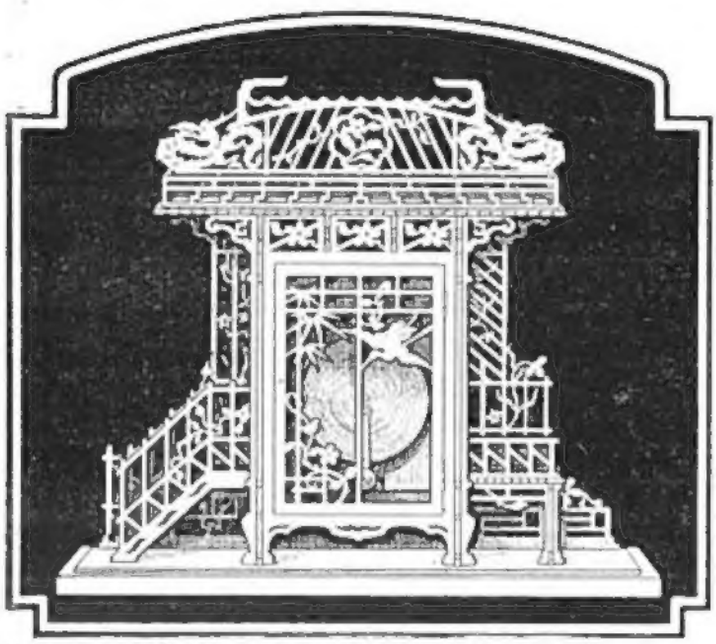
FOR . . . .

FRETWORK,

WOOD-CARVING, PHOTOGRAPHY, POKER-WORK,
BENT IRON WORK, ETC.,

TRY . . .

HOBBIES LIMITED.



JAPANESE MUSICAL HOUSE DESIGN.

OUR CATALOGUE FOR 1904 IS NOW READY,

Price SIXPENCE.

This is a handsome and fully-illustrated book of 128 pages, giving particulars and prices of Fretwork Treadle Saws, Lathes, Tools, Materials, Wood, Designs, etc., etc.

The Catalogue is indispensable to Fretworkers, Bent Iron Workers, Wood Carvers, etc.

With each Catalogue we give away free

TWO VERY HANDSOME FRETWORK DESIGNS,

one of which is illustrated above. The designs are

1. JAPANESE MUSICAL HOUSE,
To contain a handsome Disc Musical Movement.

2. INDIAN WALL CABINET,
With double door cupboard.

With each Catalogue is also given away a Design for an Arabian Panel which will be the subject of a

GREAT PRIZE COMPETITION

and for the best specimens of which we are offering

CASH PRIZES TO THE VALUE OF £100.

SEND SIXPENCE FOR CATALOGUE AND THE THREE PRESENTATION DESIGNS.

HOBBIES LIMITED, 12, Paternoster Square, London, E.C.

(And at Dereham, Norfolk.)

Also at the Hobbies Supply Stores :—

LONDON, 166, Aldersgate Street, E.C.
LONDON, 153, Bishopsgate Street Without, E.C.
LONDON, 79, Walworth Road, S.E.
LONDON, 118, Powis Street, Woolwich, S.E.
GLASGOW, 326 and 328, Argyle Street.
LIVERPOOL, 11, Lime Street.
BIRMINGHAM, 75, High Street.
LEEDS, 21 and 22, Vicar Lane.

Digitized by Google

STALL'S BOOKS

SYLVANUS STALL, D.D.

A Man with a Message

Millions of people always await the man with a real message. Dr. Stall has found it so. His books are already circulated in every land.

275th thousand in English.

They are being translated into several languages on the Continent and two in Asia.

THE SELF AND SEX SERIES
has the unqualified endorsement of

Dr. John Clifford	Fred. A. Atkins
Rev. Chas. M. Sheldon	Dr. Theo. L. Cuyler
Rev. F. B. Meyer	Dr. Francis E. Clark
Rev. Thos. Spurgeon	Frances E. Willard
Dr. Robt. F. Horton	Lady H. Somerset

Eminent physicians, and hundreds of others.

4 BOOKS TO MEN. By Sylvanus Stall, D.D.

What a Young Boy Ought to Know.
What a Young Man Ought to Know.
What a Young Husband Ought to Know.
What a Man of 45 Ought to Know.

4 BOOKS TO WOMEN. By Mrs. Mary Wood-Allen, M.D., and Mrs. Emma F. A. Drake, M.D.

What a Young Girl Ought to Know.
What a Young Woman Ought to Know.
What a Young Wife Ought to Know.
What a Woman of 45 Ought to Know.

4s. per copy, post free. Send for table of contents.

Vir Publishing Co. 7 J. Imperial Arcade, Ludgate Circus, London, E. C.

DR. ALLINSON'S NEW DRINK.

BRUNAK

INSTEAD OF COFFEE AND TEA.

BRUNAK LOOKS like COFFEE.

BRUNAK SMELLS like COFFEE

BRUNAK TASTES like COFFEE.

Dr. ALLINSON says:—

Knowing the ill results produced by tea and coffee I have for years advised readers to leave them alone, and drink instead cocoa, milk, barley water, gruel or orange water. It is not every one who can drink cocoa; they find it makes them dull or causes a headache. I have been working for years trying various things to make a pleasant drink that would be non-injurious. At last I have brought out something that satisfies me, and which will not cause Nervousness, Palpitation, Headache, Wakefulness, Loss of Memory, Low Spirits, Want of Energy, Flushing, Blushing, or Trembling, as do the ordinary Breakfast beverages. I have called it "Brunak," which is derived from two Latin words, "Brunak" is as easily made as tea, coffee or cocoa. It is as refreshing as tea, as comforting as cocoa, and as harmless as water. It can be drunk at any meal or at supper time. There is not a headache in a barrel of it, and no nervousness in a ton of it. It may be drunk by the young, the old, the weak, the strong, the brainy man, or the athlete, also by all invalids, even in diabetes. If I can get the people of this country to drink "Brunak" as a regular beverage I shall have done more for my country's happiness than any conqueror or inventor. If you would like to try it, send to the Natural Food Co., Ltd., as below.

T. R. ALLINSON, Ex-L.R.C.P., Ed., etc.
Author of thirteen books on Health, 4, Spanish Place, Manchester Square, London, W.

Sold by our Agents and the usual Cash Grocery and Drug Stores in town and country, in 1-lb. packets duty paid at 1s. each. If any difficulty in obtaining it, a list of agents and a sample will be sent post free for One Penny, or a pound packet post free for 1s. by

THE NATURAL FOOD Co., Ltd.,
164 Room, Patriot Square, Bethnal Green, London, E.

The New SANDOW Poses.

Owing to numerous inquiries for the above, printed on a fine art paper for framing purposes, the Publishers will now be able to supply sets of these as they appear.

Series 1. JANUARY SET
" 2. FEBRUARY SET
" 3. MARCH SET
" 4. APRIL & MAY SETS
" 5. JUNE & JULY SETS

Price 6½d. per Set, Post Free.

Orders should be sent to the MANAGER, SANDOW'S MAGAZINE, 32a, St. James's Street, London, S.W.

ORDER FORM.

To the Manager, SANDOW'S MAGAZINE,
32a, St. James's Street, London, S.W.

Please forward me *Set of EUGEN SANDOW'S POSES*
for *(month) (post free), for which I enclose the sum of*

Name.....

Address.....

Digitized by Google

Ready for Framing. Special Offer.

THE LATEST PORTRAIT

OF

EUGEN SANDOW

IN COLOURS.

Beautifully Printed on Fine Art Paper.

WITH SIGNATURE.

THE BEST AND MOST UNIQUE PORTRAIT EVER PUBLISHED.

To readers of SANDOW'S MAGAZINE these Plates are offered at 3d. each, or Post free, 3½d.

***As this Portrait will not be reprinted, readers should secure this unique Portrait of the Apostle of Physical Culture.

Orders should be sent to the MANAGER, SANDOW'S MAGAZINE, 32a, St. James's St., London, S.W.

ORDER FORM.

To the Manager, SANDOW'S MAGAZINE,
32a, St. James's Street, London, S.W.

Please forward me Copies of EUGEN SANDOW'S PORTRAIT IN COLOURS (post free), for which I enclose the sum of

1 COPY 3½D. 2 COPIES 6½D.

Name.....

Address.....

Digitized by Google

STRENGTH, VITALITY, MANHOOD.

"How to Preserve Strength and Retain the Powers."

A Valuable Treatise on Nervous Exhaustion, Loss of Strength, Mental Depression, Exhausted Vitality, and all Special Diseases and Weaknesses of Man; their Cause and Cure.

This book not only contains valuable remarks on how to preserve strength and retain the powers to an advanced age, but points out the best means of restoring Exhausted Vitality, Poverty of Nerve Force, Mental Depression, and will especially interest those who wish to fit themselves for business, study, or marriage. This brief work is the only one that contains any sensible advice to the inexperienced, and to all young and middle-aged men will not only prove instructive, but a valuable safeguard.

Sent Sealed on receipt of 4 penny Stamps to any address, by

CHARLES GORDON, "Gordonholm Dispensary," Great Horton, Bradford, Yorks.

Advt.—Copyright.—Mention this Magazine.

Sandow's Magazine Photographic Competition.

AUGUST COUPON.

Name of Competitor _____

Address _____

To be forwarded to the Editor,
SANDOW'S MAGAZINE,
32a, St. James's Street, S.W.

Last day for sending in, August 13th, 1903.

For Full Particulars of

Sandow's Schools

apply

32a, St. James's St., S.W.

REAL

All interested in Self-Protection are requested to send a Post Card to Prof. Garrud for full particulars of his System of dealing with "street-roughs" and "hooligans," etc. This is taught (and can be learnt) in TWELVE PERSONAL LESSONS, or by POSTAL INSTRUCTION in twelve clearly typewritten and full explained lessons.

SELF-DEFENCE AND ATTACK

No high-priced or fancy fee is charged. No rough play is necessary in learning, but every muscle in the body is exercised and well developed. Go in for acquiring a valuable accomplishment, and at the same time receive the benefit of a splendid and manly exercise.

You only need send a Post Card for full particulars to

Prof. W. H. Garrud, 1, Stanhope Gardens, Green Lanes, Harringay Park, N.

Please mention this paper.

Digitized by Google

Sandow's Magazine Company

SANDOW SPECIALITIES.

SANDOW GRIP DUMBBELLS.

Children's, 5/- per pair
Boys' and Girls', 7/6 per pair
Youths', 10/6 "
Ladies', 10/6 "
Men's .. 12/6 "

PLASMON COCOA.

Per tin, 9d., 1/4, 2/6

BEEF PLASMON.

Per tin, 5d. and 9d.

CHOCOLATE (PLASMON).

Per lb., 3/-, 5/-

SANDOW'S EMBROCATION.

1/1½ per bottle

VOLUMES OF SANDOW'S MAGAZINE.

Vols. I., IV. and V., 10/6 each; vols. VI. to X., 6/- each.

SANDOW POSES.

6½d. per set.

SANDOW DEVELOPER.

12/6 each

SANDOW IN COLOURS.

3½d. each.

SANDOW PHOTOS.

1/6 each.
Set of 12, 15/-,

SANDOW'S OBESITY REDUCER.

12/6 each.

POST FREE.

Orders should be addressed to

SANDOW'S MAGAZINE COMPANY,
32a, St. James' Street,
London, S.W.

All Goods dispatched post free in the United Kingdom on receipt of order with remittance.

RESTORES LOST MANHOOD.

A Simple Home Treatment which Never Fails to Restore Full Strength and Vigour of Youth.

FREE TO ALL.

America's Greatest Specialist.

There is no longer any need for men to suffer from lost vitality, atrophy, kidney troubles, backache, varicocele, etc., when it can be cured almost like magic in the privacy of your own home. The most debilitated and weak constitutions rejuvenated and restored to full strength and vigour by a new discovery which any man can use. Simply send your name and address to the Dr. Knapp Medical Co., 1247, Hull Building, Detroit, Mich., U.S.A., and they will gladly send you the Doctor's full prescription free, and everything necessary for a quick and lasting cure.

The following, taken from their daily mail, shows what men say who have taken advantage of this grand free offer.

"DEAR SIRS,—Please accept my sincere thanks for yours of recent date. I have given your treatment a thorough test, and the benefit has been extraordinary. It has completely braced me up."

"DEAR SIRS,—Your method worked beautifully. Results were exactly what I needed. Strength and vigour have completely returned."

"DEAR SIRS,—Yours was received, and I had no trouble in making use of the receipt as directed, and can truthfully say that it is a boon to weak men."

Don't stop and wonder how they can afford to do all this, but send to-day; the offer is genuine, and the prescription will be sent by return mail in a perfectly plain envelope, absolutely free, just as stated. Write to-day, and soon you'll be happy.

Remember a letter to America requires 2½d. postage.

DELICIOUS

RED WHITE & BLUE COFFEE.

For Breakfast & after Dinner.

NOW READY.

VOLUME X.

Sandow's Magazine

Of Physical Culture and British Sport.

Bound in Scarlet Cloth Boards, Gilt side.
PRICE 6s., of all Booksellers.

Publishers' Cases for Binding, Price 1s. 6d., post free for 1s. 9d.

Digitized by Google

Throw Physic to the Dogs and try

SANDOW'S OWN COMBINED DEVELOPER

THE MOST WONDERFUL HEALTH AND STRENGTH GIVER IN EXISTENCE.

This is the Original and Genuine Developer invented by Sandow, the Greatest Living Authority on Physical Culture.

REJECT IMITATIONS AT ANY PRICE.

ONE MACHINE FOR A WHOLE FAMILY.

FOUR EXERCISERS IN ONE.

On Sale at all Athletic Outfitters and Dealers in Sporting Goods throughout the World, or sent direct on receipt of price by

L. G. LEWIS, Manager, 17 & 18, Basinghall St., London, E.C.

Digitized by Google

Mrs. Ada S. Ballin's Publications.

WOMANHOOD.

Monthly, price **6d.**

The Magazine of Woman's Progress and Interests—Political, Legal, Social, and Intellectual—and of Health and Beauty Culture. Answers to correspondents on all subjects.

Brimful of useful information, interesting stories and articles, and high-class illustrations. WOMANHOOD has a correspondent in every important centre all over the world, so as to keep readers well informed; and the highest authorities in each branch form the staff of the paper. Among the contributors are:—

Her Majesty the Queen of Roumania, His Grace the Duke of Argyll, The Countess of Home, The Dowager Countess de la Warr, The Countess of Munster, The Countess of Bective, The Earl of Tankerville, Sir Edwin Arnold, K.C.S.I., The Lady William Lennox, The Lady Margaret Majendie, The Lady Margaret Graham, The Lady Margaret Sackville, Lady Charles Beresford, The Hon. Amalia Sackville West, The Hon. Mrs. Arthur Lyttleton, The Hon. Mrs. Alfred Lyttleton, The Hon. Sybil Cust, Lady Jeune, Lady Agnes Domville, Miss Beatrice Knollys, Miss May Crommelin, &c. Also many of the best novelists of the day and of the highest medical authorities.

BABY: THE MOTHERS' MAGAZINE.

Monthly, price **4d.**

An Illustrated Guide to the Health, Dress, Food, Education, and General Management of Children. Written by the highest authorities in each branch.

PLAYTIME: THE CHILDREN'S MAGAZINE.

Monthly, price **1d.**

SPECIAL FEATURES are—Interesting Stories, Poems, and Illustrations (our readers' original contributions), Exchange Club, Hobbies, Puzzle Page, Portraits of PLAYTIME Companions, Monthly Competitions for Money and other Prizes.

Mothers' Guide Series.

NOW READY. PRICE SIXPENCE EACH.

No. 1.—HOW TO FEED OUR LITTLE ONES
FROM BIRTH TO THE AGE OF TWO YEARS. With advice for all difficulties.

No. 2.—BATHING, EXERCISE and REST.

No. 3.—EARLY EDUCATION.

No. 4.—CHILDREN'S AILMENTS.
A Handbook of all Complaints, giving home treatment, and pointing out under what circumstances it is necessary to call in a doctor.

No. 5.—THE EXPECTANT MOTHER.
A Complete Handbook for Young Wives and Monthly Nurses.

ALL BY MRS. ADA S. BALLIN.

Nursery Cookery. Edited by Mrs. Ada S. Ballin. Crown 8vo. Paper covers, 1s.; cloth, 1s. 6d.
A valuable collection of recipes for the little ones, carefully classified and stating the ages for which they are suitable.

Health and Beauty in Dress, from Infancy to Old Age. By Mrs. Ada S. Ballin. Crown 8vo, cloth, 244 pp., new and cheaper edition. Price 1s.

Personal Hygiene. By Mrs. Ada S. Ballin. Crown 8vo, cloth, 227 pp. Price 2s. 6d.
"A simple, practical, and non-technical explanation of the laws of health."

Kindergarten System Explained (The). By Mrs. Ada S. Ballin, Editor of "Baby: The Mothers' Magazine," and Miss Elinor A. Welldon, Head Mistress of the Kindergarten Training Department of the Ladies' College, Cheltenham. Fcap. 4to, cloth, 132 pp., fully illustrated. Price 3s. 6d.
An invaluable help to teachers and parents.

Baby Ballads. Nine Songs for Children. Music by F. L. Ballin. Crown 8vo, paper cover. Price 6d.

Office of Mrs. Ada S. Ballin's Publications, 5, Agar Street, W.C.

Specimen copy of WOMANHOOD, BABY, or PLAYTIME gratis and post free on receipt of postcard mentioning "Sandow's Magazine."

A GOOD RUB
WITH
SANDOW'S EMBROCATION
before exercise in the scientific manner as shown on the Chart that is given away with each bottle "will improve your chance of success and give you a distinct advantage over your competitors in any form of sport." This advice is given by Sandow the world-famed Athlete, and every Athlete and Student of Physical culture should purchase a bottle at once.
PRICE 1/1½d.
ONCE USED ALWAYS USED
SOLD BY
ALL CHEMISTS, GROCERS,
SADDLERS, ATHLETIC OUTFITTERS,
ETC., ETC., & BY
SANDOW EMBROCATION Co
SANDOW HALL SAVOY CORNER VICTORIA EMBANKMENT W.C.

ORDER FORM.

Date _____

To THE MANAGER,

"SANDOW'S MAGAZINE,"

32a, ST. JAMES'S STREET, S.W.

Please send **"SANDOW'S MAGAZINE"** *for* *one year,* / *six months,*

Post Free, beginning with the _____ *number, for which*

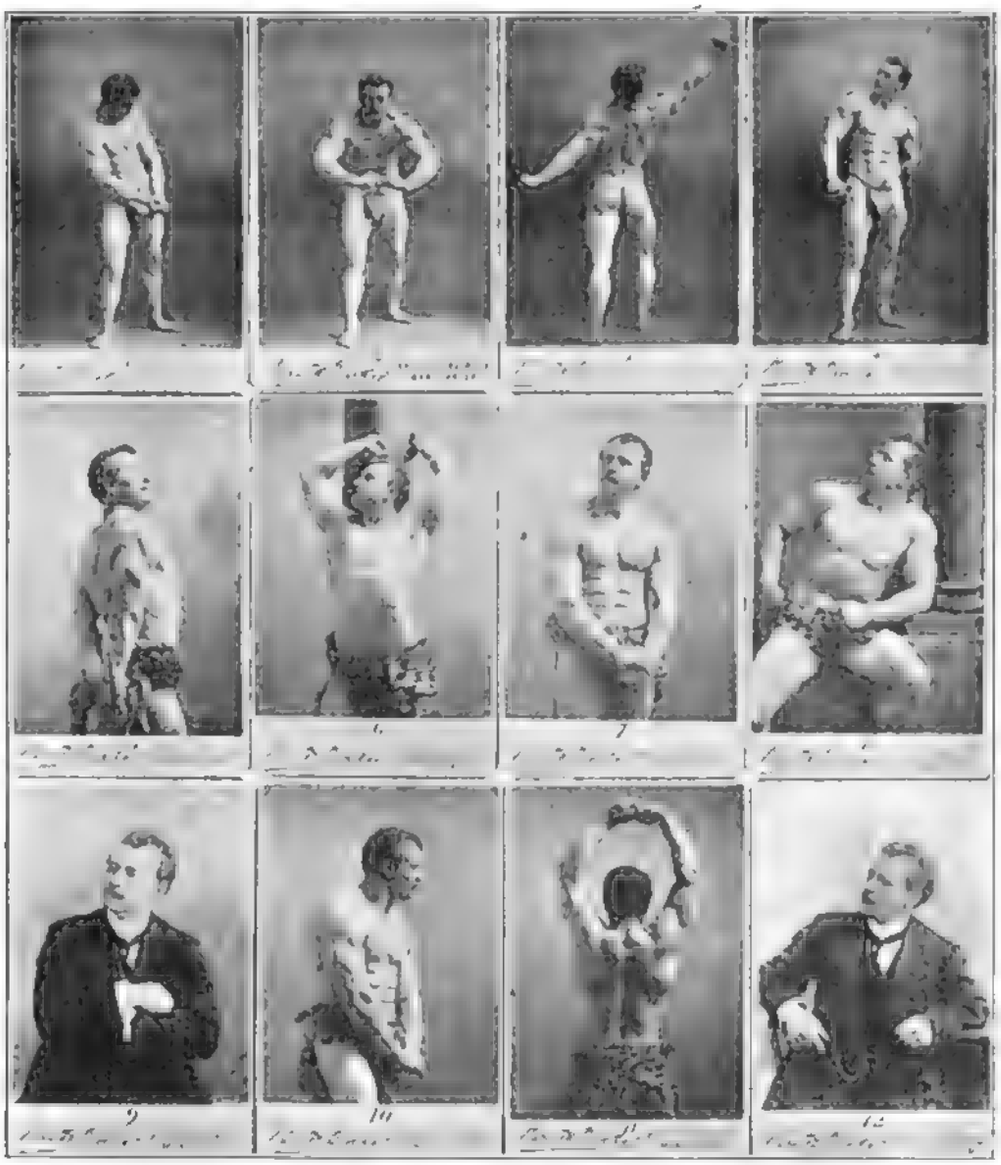
I enclose *8s. 6d.* / *4s. 3d.*

Name _____

Postal Address _____

_____

JUST THE THING FOR AN ATHLETE'S DEN.



Cabinet Photos

OF

Sandow

IN

12 POSITIONS.

Highly Finished and Ready for Framing.

Sandow's pupils and admirers have so often asked for particulars of the portraits of himself in some of his well-known classic poses, that we illustrate a complete numbered set for their guidance.

Any of these can be obtained direct from the Manager, 32a, St. James's Street, London, S.W. Price 1s. 6d. each, post free; or a set of twelve complete, carefully packed, for 16s.

ORDER FORM.

To the Manager, SANDOW'S MAGAZINE,
32a, St. James's Street, London, S.W.

Please forward me *Copies of EUGEN SANDOW'S PHOTO No.* *(post free), for which I enclose the sum of*

Name.....

Address.....

EXERCISES FOR THE HAND AND ARM

FOR PIANISTS,
FOR THE CURE OF WRITER'S CRAMP.
FOR PARALYSIS AND NERVOUS DISEASES OF THE HAND AND MUSCLES OF THE FOREARM.

☞ ***Buy this and keep it for reference.***

Sandow's Magazine,

32a, ST. JAMES'S ST.,
LONDON, S.W.

POST FREE, 8d.

☞ Only a few copies in stock.

HYPNOTISM

Learn at home. Startle your friends. Also strong personal magnetic influence. Wonderful nerve power. Scientific. Great advantage. **Illustrated book sent free.** Published by Psychic Research Co. (Dept. 305), Temple Chambers, Temple Avenue, E.C. (1d. stamp).

EXQUISITE FLOWER STUDIES, Oil and Water Colour, for framing. ARTISTIC AND PHOTO STUDIES. LIFE AND SUNDRY ART REPRODUCTIONS. HIGH-CLASS FRAMES. VALUABLE PICTURES, framed in a style superb. *Lists and full particulars on application.*
The Model Works, Bruton, Somerset.

To our Musical Readers.

☞ **SANDOW'S MARCHE DES ATHLETES,**

WITH

Special Exercises and Music,

APPEARED IN

SANDOW'S MAGAZINE.

A few Copies still in Stock.

8d. POST FREE.

All communications relating to Advertisements in "Sandow's Magazine," to be sent to the Advertisement Manager,
"Sandow's Magazine,"
32a, St. James's Street,
London, S.W.

VARICOCELE.

Every weak man suffering from Varicocele, Nervous Exhaustion, Loss of Vigour, &c., can be speedily and permanently cured by the most rational method of treatment yet introduced. An Illustrated Circular giving full particulars and Testimonials, showing successful cures, sent in a plain sealed envelope, post free 3 stamps.

E. S. NORTON,
59 and 60, Chancery Lane, London.
Consultation free. Over 30 years' continuous success.

BORD'S PIANOS

Pianos Exchanged.

25 per cent. Discount for Cash, or 14s. 6d. per month (second-hand 10s. 6d. per month) on the Three Years' System. — Lists free of C. STILES & CO., 74 and 76, Southampton Row, London, W.C. (Removed from 40 and 42, Southampton Row.)

BECHSTEIN PIANOS

These magnificent Pianos for hire on the Three Years' System, at advantageous prices and terms. — Lists and particulars free of

CHAS. STILES & CO., 74 and 76, Southampton Row, London, W.C. (Removed from 40 and 42, Southampton Row.)

Photo, LONDON STEREOSCOPIC CO.

STRENGTH.
(A Breaker at St. Leonard's.)

The Walking Craze.

CRAZES come in cycles. We have had the golf craze, the croquet craze, the cycling craze, and now the latest development is the walking craze, upon which I feel bound to express myself strongly in depreciation. To digress for a moment. Some years ago physical culture was looked upon by the uninitiated as a "craze" for those desirous of producing abnormal muscular development over certain parts of their bodies; but these pessimists are, I am glad to say, now in a large minority, and a sound course of physical training is looked upon as a necessity by all who have their own, and the nation's, welfare at heart.

To return to the subject of walking, I do not wish for one moment to depreciate it as a branch of sport or a recreative exercise when properly carried out. As such for a man who has gone through a careful systematic preparation, it is, perhaps, the best I know. But it is this promiscuous rushing into, and participation in, a violent exercise by those who are totally unfit to stand the strain, simply because they have not prepared their bodies properly for the task, that I wish to run down. Just look at the various classes of the community who recently have been literally "tearing themselves to pieces" in attempting to cover long distances by heel and toe in a short space of time; and, as the craze was thrown upon them suddenly, it naturally follows that so far as proper preparation is concerned they had practically *nil.* It is all very well to imagine that because one has had a fortnight or three weeks' "training" for the particular task in hand that one is "fit." He may think so, but that is far from being the case, and how many of the accountants, butchers, fishmongers, laundresses, waitresses, shoe-blacks, photographers, brickmakers, and others who have taken upon themselves to emulate the doings of the stockbrokers were in a fit condition to undergo the exertion? Not 50 per cent., I guarantee, and of that 50 per cent. not half had gone through a proper course of preparation. By a proper course I mean a three or

six months' building up of the muscles of the body by systematic physical development, to so prepare the frame, heart and lungs that they may be able to withstand the great strain brought to bear upon them. It is well known that walking calls into play more individual muscles than any other *recreative* exercise, so you see how necessary it is that these muscles should be in the best possible condition, and this can only be done by systematic physical development. Mr. Lang Neil, a well-known writer on athletics, has recently published a book on "Walking," and in it he lays great stress on the necessity for such preparation. He advocates the use of my system for the purpose of improving the muscles of the top part of the body, upon which there is a considerable amount of work thrown. But more than that is necessary. To have a perfect system it must be a harmonious whole, and to secure this each individual muscle must be prepared so that it may properly perform its required function. But not only must the muscles be considered, but the heart and lungs are also very great factors in the accomplishment of such an arduous task. The heart must be strengthened and the capacity of the lungs improved, or your muscles will never carry you through. This calls forth the necessity for proper breathing, and this I am confident is outside the category of hundreds of competitors in recent races. To know how to breathe properly is very essential, as it not only increases the power of the lungs, but also strengthens the heart. The risk which a man or woman runs in undergoing a great exertion, such as a long-distance walk, is the development of an aneurism, and I know of a case in point in one of the recent races on the Brighton road. Before a third of the distance had been covered, one of the competitors dropped out and fell by the wayside.

Fortunately for him, one of the judges' motor cars had gone back to look after some of the rearmost men and found him. Again, fortunately for him, the doctor accompanying the race was on board, and he was able to give prompt aid, but for which, the doctor stated, he would probably have died where he had fallen, for he had developed an aneurism, the like of which the doctor had rarely seen. He was taken into a neighbouring village and put to bed, where he had to remain some days. Who can say what the after effects of such an overtaxing of the heart will be on that man's constitution? And how many more are running the same risk, simply because they have not prepared themselves properly for the task.

All the foregoing deals with the question of walking from the point of view of racing as recently practised, and against which I cannot find words strong enough to express myself. Of course, I do not want you to run away with the idea that I am suggesting a properly trained man cannot undertake to walk long distances at a fast rate without any ill effects resulting therefrom. But, as I have said before, this proper training cannot be accomplished in two or three weeks—it can only be obtained by some months of careful, gradual preparation.

Against walking as a recreative exercise I have nothing to say. In moderation, walking without competition is a most healthy form of recreation, especially if one knows how to breathe properly, and nothing is more enjoyable than a five or ten miles jaunt into the country at a fair pace, but there must be no overtaxing of the system, or the recreative powers of the exercise are nullified. Particularly to those of sedentary habits, such walking should prove beneficial, if only from the extra amount of fresh air one would be able to inhale. And fresh air, wholesome food, and the cold bath, coupled with systematic exercise (with the mind brought to bear upon it), are the absolute essentials to good health.

In conclusion, if the contestants in any

of the recent walking races which have been decided lately had any idea of the great strain their systems have undergone, what great danger of permanent injury they have subjected themselves to, I am sure they would not have needed this word of warning from me. It has been my lifework to upbuild the sons and daughters of England, physically, and I feel that I cannot allow this opportunity to pass without recording my strongest condemnation of this promiscuous walking.

Physical Pars.

A CONTEMPORARY, dealing with the question of physical culture in the slums, speaks highly of the work which is being done in the East-end by such institutions as Sandow's Whitechapel School. It says :—"The East end gymnasium is unconsciously doing a good work. It is keeping the young men out of the public-houses. It helps to occupy their minds in a healthy, manly manner, which all the blood and thunder literature in the world cannot efface. Another, and perhaps the greatest, virtue inculcated is the belief that is fostered that it is cowardly to assault a woman. The person who is not acquainted with the inner life of the slums can have no idea how terribly prevalent this crime is. The women say nothing about it. They would never think of prosecuting a man for simply "paying" them, unless a policeman witnessed the attack and compelled them to do so ; but they carry the marks on their faces.

* * *

The cargador, or carrier, of Mexico, is a remarkable individual. Nothing seems too bulky, nothing too heavy for him to carry, and it is quite wonderful how he manages not only to lift, but to balance his cumbersome loads. It is nothing for a man to carry a load weighing 400 lbs., this being borne either on the top of the head or on the shoulders, and kept in place by a flat braid passing across the forehead.

Toilers of the Deep.

By A. E. JOHNSON.

SOME men, to paraphrase a familiar quotation, are born strong, others have strength thrust upon them. Among the latter may be included those men of muscle whose physical powers are the direct outcome of their calling, and the result, not of systematic training and scientific development, but of the bodily labour by which they earn, literally in the sweat of their brow, their daily bread.

A most interesting figure in this varied company of sturdy toilers is that of the deep-sea fisherman, whose life of rough fare and arduous labour only an iron frame and strength above the ordinary can endure. The following brief account of the fisherman's strenuous lot is derived from the observations for which the present writer had ample opportunities in the course of a voyage which it was his privilege not long ago to make on board a steam trawler from Grimsby to the fishing grounds of Iceland.

Photo., copyright, A. E. Johnson.]

HAULING IN THE BAG.

With feet planted firmly against the side to give a purchase, they put their backs into it with a will.

Amongst other alterations which the introduction of steam has wrought in the deep-sea fishing industry is a considerable lightening of the fisherman's work. On board a sailing smack, a hand must be seaman and fisherman too. On a steam trawler, though, of course, the crew are all possessed of more or less seamanship, the engines and propeller relieve the deck-hands of much labour which would otherwise fall upon them, and the task of navigation rests almost entirely in the hands of the skipper, mate, and engineers.

Thus it comes about that on board the Iceland-going steam trawlers, which form the bulk of the deep-sea fishing fleet, the majority

of the crew have but few duties to perform during the five or six days' voyage out to the fishing grounds. There are, of course, watches to be kept, and sundry small jobs, such as mending rents in the trawl (a matter requiring deftness and skill rather than strength), to be done; but in general their labour is light. The severest taskmaster among skippers, however, could scarce grudge them their leisure, knowing the long and continuous hours of labour which lie before them. When fishing is in full swing, and fish is plentiful, it is no unusual thing for the deck-hands to work for twenty hours out of the twenty-four, and to keep up the strain for two or three days on end. Small wonder if the slack days on the voyage out are spent chiefly in sleep!

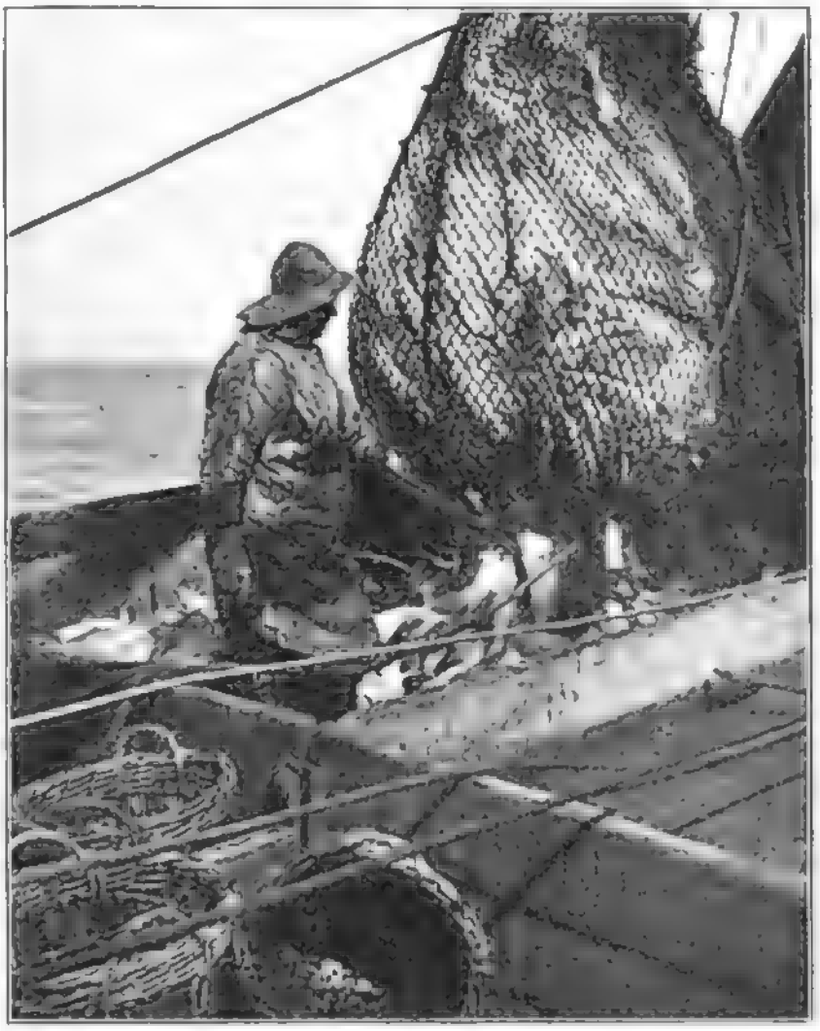


Photo., copyright, A. E. Johnson.]

WHAT THE FISHERMAN HAS TO STRUGGLE WITH.

The task of dragging so weighty a load through turbulent waters is, as may be imagined, no easy task.

Into a detailed description of the *modus operandi*—at least as regards mechanical contrivances—adopted by the trawler, it would be without the scope of the present article to enter. Suffice it to say that the trawl, or net, is towed over the bottom, about 400 yards astern of the vessel, by means of two steel warps, which pass respectively over derricks rigged fore and aft at the side of the ship, and thence to the steam winch, which performs the heaviest part of the hauling-in process. After the net has been towed for a varying period of time, the skipper decides to haul. The word is passed, and the steam winch is set a-rattling until the "doors" (heavy steel-shod wooden boards, which serve to keep the mouth of the submerged trawl distended) come up on the derricks, and the edge of the net is brought alongside. Four or five of the deck-hands crowd to the side, and laying hold of the slack proceed to finish off the winch's work, and haul the "bag," as the tapering end of the trawl containing the fish is called, close in. Some idea of the size to which the bag attains when the catch is a heavy one can be gathered from one of the photographs reproduced in these pages. The task of dragging so weighty a load through turbulent waters is, it may be imagined, no easy one. The knot of sturdy deck-hands, however, is equal to it, and with feet planted firmly

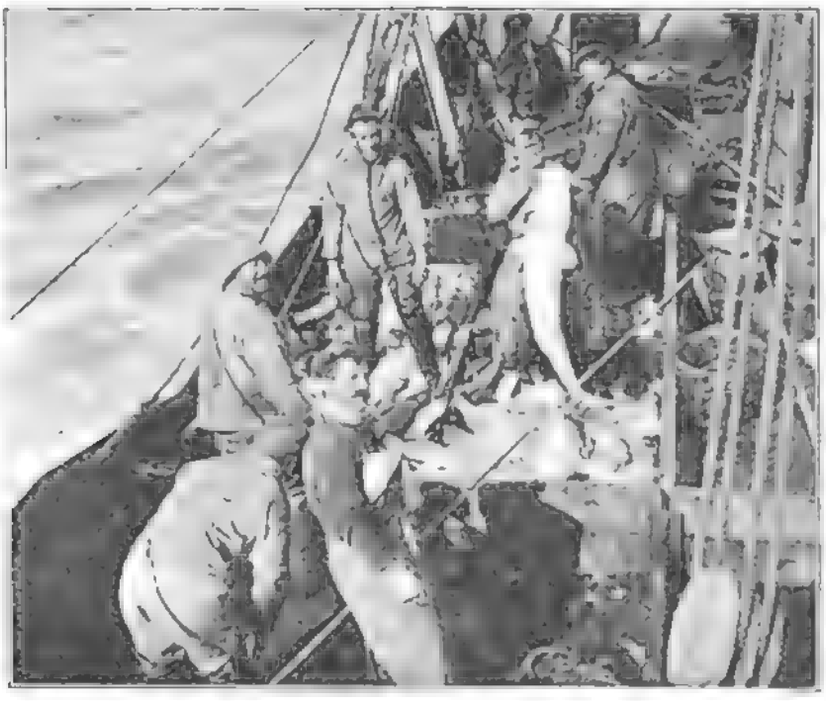


Photo., copyright, A. E. Johnson.]

THE GUTTING OF THE FISH.

Now commences the deck-hand's most trying and wearying work —"the gutting of the fish."

against the side to gain a purchase, they put their backs into it with a will. "Hi-i-i-*up* with it, *up*, and *up* again!" shouts the skipper encouragingly, and with many a lusty tug and pull (they would make terrific oarsmen, these fellows), the bag is hauled alongside. As it lies there, a double-looped length of rope is twisted round it and hitched on to the pulley tackle rigged on the mast, the whole bag being then hoisted up by means of the winch until it swings in board, and being caught and held in position by a couple of warps, specially strung to receive it, depends over the fore deck. A deck-hand loosens the knot which fastens the extreme end of the trawl, and a sudden avalanche of fish descends upon the deck.

Now commences the deck-hand's most trying and wearying work—the gutting of the fish. Wading knee-deep into the slippery mass he has to pick up every fish (throwing away the small and worthless ones), and remove both liver and entrails. When the catch is heavy, this business may last for hours, during which the luckless deck-hand is kept, with body bent, in a stooping posture that would cause the back of anyone unaccustomed to such a position to ache to an extent that it is excruciating to even think about. It is indeed a remarkable instance of what use can train the muscles to endure, that these men should be able to maintain a posture ordinarily so painful for hours together. The plight of the "splitters" is even worse. These are the hands engaged in splitting open the cod after the latter have been beheaded, and removing a portion of the backbone, preparatory to salting. To

Photo., copyright, A. E. Johnson.]

SPLITTING COD.

To split quickly and effectively, it is necessary to lay the fish upon the deck, and the splitters have accordingly to stoop to an uncomfortable extent.

split quickly and effectively it is necessary to lay the fish upon the deck, and the splitters have accordingly to stoop to an even more uncomfortable extent than the other hands who, dealing with different sizes and kinds of fish, are at least able to occasionally shift their position.

By the time one catch of fish has been gutted the skipper is generally ready to haul again, and thus the weary fisherman has scarce a moment's respite from his continuous round of toil. Even when there might otherwise be a short interval for rest, there is probably a large pile of fish, already gutted, to be washed and packed below. Beneath the fore deck are two storage rooms, one for cod, which is packed between layers of salt (fresh cod is generally fished for by "cod-men" possessing a well in which the fish are kept alive until port is reached), and the other for plaice, halibut, haddock, etc., which are packed between layers of ice. After being washed, the fish has to be collected in baskets which are passed down into the ice-room, there to be distributed in the various pounds.

Photo., copyright, A. E. Johnson.]

"HOOKING OUT."

"As each unfortunate fish makes an escape from the meshes of the trawl, it is gaffed by a watchful fisherman and tossed over his shoulder.

On occasion, when fish is plentiful, the bag is found, upon being hauled alongside, to contain a load too heavy to be trusted upon the mast tackle. This necessitates the laborious process (enlivened, however, by a spice of excitement) of "hooking out," which is illustrated in one of the accompanying pictures. A small opening is unlaced in the net as it lies alongside, and the fish are allowed to swim out. The deck-hands stand by, armed with murderous-looking weapons, in the shape of sharp hooks on the end of long poles, and as each unfortunate fish makes (as it blindly thinks) an escape from the meshes of the trawl, it is gaffed by a watchful fisherman and tossed on board over his shoulder. This continues until the load is sufficiently lightened to permit of its being hauled up, by which time the side decks are piled high with fish thus "hooked out."

On the voyage home, once the fish has been properly packed away, the decks washed down, and the vessel generally cleaned and tidied, the fisherman obtains a hard-earned rest. On reaching port, however, he has again a long spell of monotonous work before him. Very likely the skipper will put into Kirkwall, in the Orkney Islands, where fish-curing is a notable industry, to land his salt fish. Scales are erected on the quay, and the salt and slobbery cod, as it is swung up in baskets from the salt-room by means of the tackle on the mast, is weighed and carted away, the skipper and the buyer's representative keeping careful tally. It is a laborious business, this landing of fish, and to get some twenty tons ashore is not, it may readily be believed, the

lightest of tasks. At Grimsby, Hull, or whatever the port may be from which the trawler hails, the whole process has to be repeated until both salt and ice rooms are emptied. Then—and not till then—is the fisherman at liberty to snatch a few hours' holiday ashore before his boat sets off again upon another long tramp of a thousand miles and more across the watery waste, in quest of fish "lest street-bred people die."

Rough and arduous as is the life of the deep-sea fisherman, it is at least a healthy one. The food, as a rule, is fairly good (the beef being pickled in brine on board), fish being, of course, the staple food when the fishing grounds are reached; and though the ventilation of cabin and foc's'le is usually bad, such a matter is trivial to a man exposed for the greater part of the day to the buffetings of all the winds that blow. Rude health is generally the fisherman's happy portion; and as illustrating what fresh air, hard work, and sufficient food will do for physique, it is worthy of note that a large proportion of the men engaged in the fishing industry (deck-hands, etc.), are Londoners, slum-bred and born, sent to sea from reformatories and kindred institutions. Amongst the crew the present writer sailed with, the biggest man (a lusty giant well over 6 ft. in height) came originally from Drury Lane, another hailed from Rotherhithe, while a third belonged to Greenwich.

Hale and hearty, good fellows (as a rule), and unpretending, earning an honest livelihood by sheer hard work, *men* in the best sense of the word, most worthy of respect and esteem are these "toilers of the deep."

Photo., copyright, A. E. Johnson.]

LANDING FISH IN PORT.

Scales are erected on the quay, and the salt and slobbery cod, as it is swung up in baskets from the salt room by means of the tackle on the mast, is weighed and carted away.

Photo., D. Bernard & Co., Melbourne

A NEW SANDOW POSE (XXI)

Trotting in England.

By ARCHIBALD SINCLAIR.

II.

IT has been asserted that trotting in England is on the wane, but that must be the fault of misapprehension, or the statement be based on opinions formed from the returns of two of the smaller trotting and galloping meetings. There is, it must be granted, a dearth of high-class horses, but this is being remedied by the success of the southern meetings, and American breeders and dealers are beginning to exploit this country again. At the time of writing there are a number of recent importations at Belhus Park, Aveley, Essex, the seat of Sir Horace Lennard, Bart. This park has been leased by Mr. George Duller, the trainer of Comet for his big race with Bessie K recently, and has not inaptly

MR. LOUIS W. WINAN'S BLACK MARE, MISS EVELYN. (*Mile record, 2 mins. 16¼ secs.*)

been termed the "Newmarket of Trotting." It is a delightful park, and as the trainer has been able to use a natural grass track of three-quarters of a mile in extent, his successes have been very marked of late. English breeders are also taking the question up, more particularly Mr. Walter Winans. One of his special pets is Creocia, a beautiful filly by the American champion, Cresceus, record 2 mins. 2¼ secs., out of Eden Belle, dam of Clara D, 2 min. 14¼ secs. She will be very valuable as a brood mare, as through her the best American and English blood will be blended.

COMET. (*G. Duller driving.*)

Mr. Howard, of Esher, is another owner who has been doing his best to improve the trotting horse in this country, and he it was who had Little Totts, now known as Bessie K, brought to this country. She now belongs to Mr. E. A. Robinson of Epsom, who has recently made large purchases of trotting stock. He drove her to victory at Wembley Park in April, and it was in his name that she raced against Comet at Parsloes Park last May.

This race was one of the most important held in England for some time, the stakes at issue being £400. The mare was driven by Mr. Fred Hawkes, while Comet, who belongs to Mr. T. Lloyd, was under the guidance of Mr. Geo. Duller. Both men are keen judges of the abilities of a trotting horse, and both were very confident of success. Unfortunately, soon after the start of the first heat, Comet met with a mishap, and never troubled Bessie K, who trotted beautifully, and, without being called upon, easily covered the mile in 2 mins. 23⅘ secs., a performance which she could easily have improved upon. Comet was so badly injured that he had then to be withdrawn, and Bessie K trotted over for the other two heats, it being necessary for her to win the best three out of five one mile heats with flying start to gain the stakes. Naturally the mishap to Comet caused much disappointment to the thousands who had journeyed specially to Dagenham to witness the contest, but they are likely to see several other good contests before long, as Bessie K can be matched to meet any horse at present in England for stakes up to a thousand pounds. A match between her and Mr. F. Rothwell's Lady R, who holds the British record of 2 mins. 17½ secs. for a mile with flying start, made when racing against Polly G, and a record of 2 mins. 21 secs. from a standing start made in a handicap, would arouse intense interest. Lady R is a grey mare by John A. Rawlins out of Nellie, and in America was known as Lady B. She was imported by Mr. Machattie, of Liverpool, who also brought over King of Pearls, a wonderfully fine gelding, Harvey Wilkes, Phœnix, King George, Barney F, and many other valuable animals.

It will therefore be seen that it was only the temporary lapse of interest in trotting that caused any dearth of good horses and that, as in other things, as soon as a fresh demand was created the supply came. Far from trotting being on the wane it is certain

that were another track formed near London it would be well supported, for there is room for a meeting every week. As a rule there are seventy or eighty starters in the handicaps and yet there are plenty of owners who are not represented by reason of the distance, they are from either the Wembley or Parsloes Park tracks. The great essential is good management, and once that is assured the meetings will be a success.

HARVEY WILKES.

British record:—1 mile, 2 mins. 27 secs.; 1½ miles, 3 mins. 38 secs.; 5 miles, 13 mins. 32 secs.
American record:—1 mile, 2 mins. 11¼ secs.

In this country we have little class racing, and our records are not quite up to the American standard. Most of our tracks are, however, half a mile in extent, whereas the American tracks are as a rule much larger. Their mile record on a half-mile track is 2 mins. 9¼ secs., by Cresceus, who, in 1901, on a larger track, trotted a mile in 2 mins. 2¼ secs., and 2 miles in 1903 in 4 mins. 17 secs. It is reported that Cresceus is coming to this country for exhibition purposes this season, and in that event we may perhaps have an opportunity of judging his speed ability on an English track. That at Parsloes Park would be about the best on which he could perform, for it is very wide, nicely banked and carefully tended. There is ample room for members, spacious rings and carriage enclosures and every accommodation for both owners and horses. At Wembley Park the stands and rings for spectators are also excellent, while extensive stabling has recently

been erected, but the track is not so wide, though always in good order. At the latter place, which is the racing headquarters of the Haverstock Amateur Trotting Club, the chairman is Mr. Isaac Williams, and to him and Mr. W. W. Martin is greatly due the present revival. They held their first meeting in 1897, about three and a half years before the inauguration of the Essex Club, but, as previously pointed out, the number of their meetings is limited by Act of Parliament, and they are not able to hold them so frequently as the younger organisation. From an early age Mr. Williams took to the horse, but did not race until the first meeting at Wembley, when he drove the winner of the opening handicap. Curiously enough Mr. Williams would not have driven had it not been for the objection of another driver, who protested that it was contrary to the Club rules for two animals the property of the same owner to be driven in the same heat by professionals. As Mr. Williams had both Gamecock and Pollie left in the final he quickly decided to drive Pollie himself, and won with her. Nowadays, however, none of the officials of the Haverstock or Essex Clubs are allowed to run horses on their own tracks, while in the case of the Essex Club they are also forbidden to indulge in speculation.

In an interesting article which Mr Walter Winans recently contributed to "The Sports of the World," he gave it as his opinion that mile class racing in this country would do more to popularise the sport than the present system of handicap trotting over a mile and a half; while his experience teaches him that the extra half-mile is detrimental to the development of extreme speed, and he also thinks that the English system is not conducive to increase in staying power. Under the American system a horse has to trot seven or eight mile heats in order to win a race, and this does more to encourage breed-

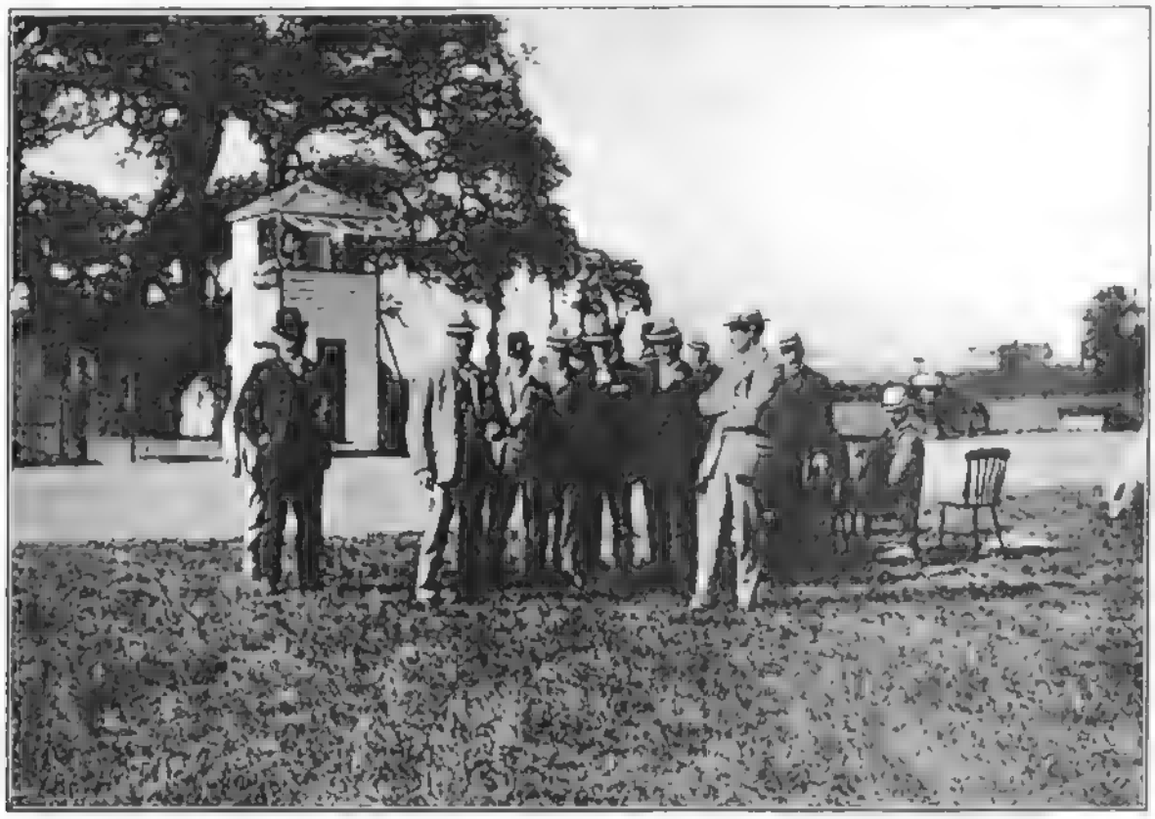
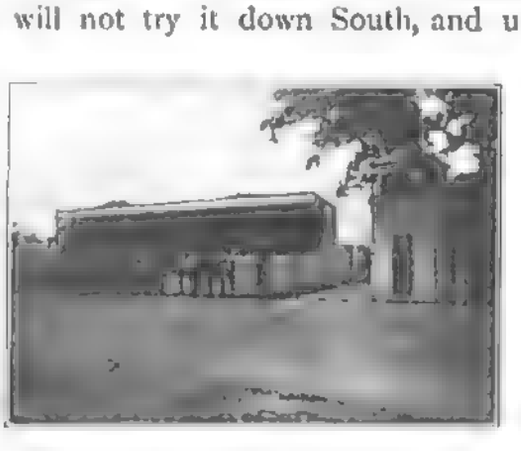


Photo. F. Neville Piggott.]

A GROUP OF OFFICIALS. (*Essex A.T.C.*)

ing for stamina than does the winning of two heats over a mile and a half. With regard to his experiments in crossing the English thoroughbred with the American trotter, he has not yet been able to form any decided opinion as to their success or otherwise, but he has at his stud farm at Surrenden Park several of the best brood mares ever seen in England, and several have been sired by Common, the celebrated son of Isonomy and Thistle, who won the Derby and St. Leger for Sir Frederick Johnstone in 1891. Those who love the trotting horse will watch this experiment with great interest, but Mr. Winans is afraid it will develop too much galloping strain. That is, at any rate, his experience of Gosadur, who is by Common out of Chiquita.

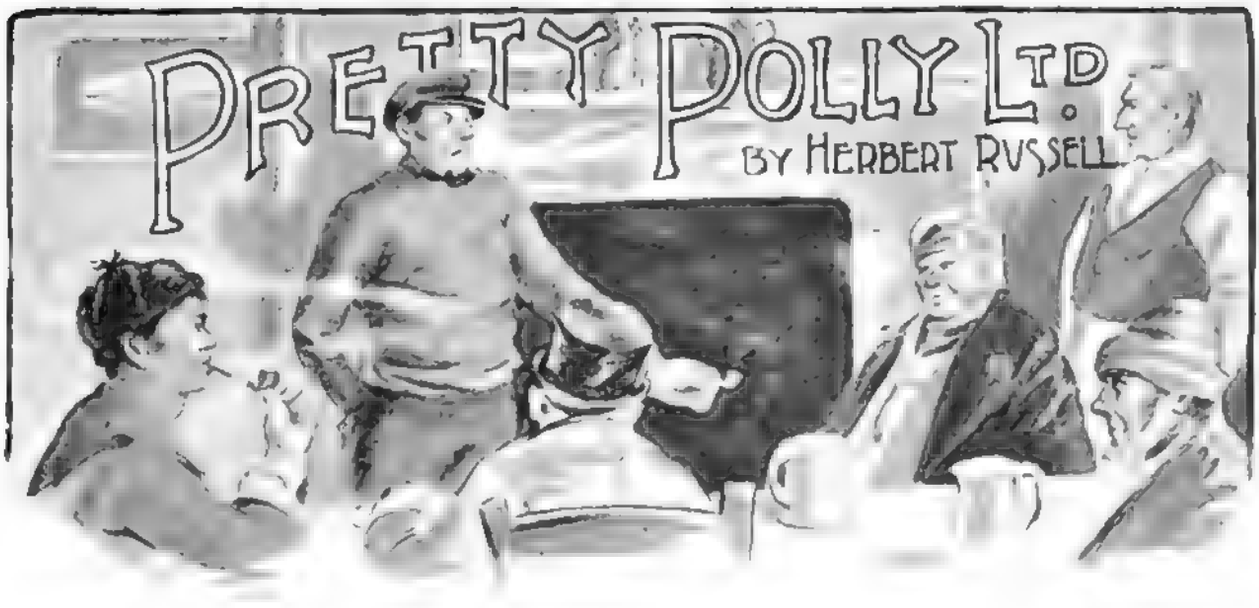
Mr. Winans, it may be remarked, is dead against our system of allowing trotters and pacers to compete in races, he maintaining that it is unfair to the pure trotting horse that pacers should run in the same event, and that before any real advance can be made trotters and pacers must be divided in their races. His views on class racing are the views of many in this country, for it is far more interesting to see all the horses starting together than one behind scratch and another three or four hundred yards off. But the majority of owners have taken to the handicap system, and the various club executives, who, of course, treat the matter largely from a business point of view, assert that class racing would be a failure. Anyhow, they will not try it down South, and until they give way, or a gentleman's driving club be formed, there seems little hope for the general adoption of the American system. Still, one of their aims should be to improve the breed of the trotting horse in England, and a class race four or five times a year at meetings held under each club's management would be beneficial to them, not only from a gate money point of view, because it would attract spectators of a class who do not now attend, but because leading owners would be encouraged, and that is for the general good of trotting.



ESSEX TROTTING CLUB. (*Grand Stand.*)

MR. J. BAMBRIDGE. (*London's Premier Judge*).

This year the Royal Agricultural Society instituted a class for trotting against time at their great annual show, but it not being widely known only a few animals were entered. Of these Charlie B, who is a fine pacer, gained first prize. In future seasons this trotting class promises to be one of the features of the horse competitions at the show now permanently located at Park Royal.



A SEASIDE YARN.

"WELL, that's *my* notion, anyway," said Tom O'Bree impressively, looking round upon the figures which loomed vaguely through the smoke-clouded atmosphere of the bar parlour. "There's a pile of money in the thing, and with these hard times upon Deal beach, that ain't to be sneezed at, mates!"

"What is it, Tommy?" hoarsely enquired a blue-jerseyed, blanket-breeched, and fur-capped longshoreman, who had at that moment thrust his way through the swing-door of the "Yarmouth Packet." "Tell us your notion, will'ee? For any man as can show us Deal beachmen how to pile up the dollars is—is—well, he ain't a man 'tall, but a walking miracle!"

"I was just a-saying, Jack," went on the first speaker, "that a little steamboat to run the summer holiday-makers on shillun trips out in the Downs, and round the Good'un San's, 'ud be a good inwestment for Deal. They've got 'em at Ramsgate and Dover, but not here. Now, why not? The spec'lashun 'ud be a rare good 'un."

"Ay, ay, my orchid, that's right 'nuff!" grumbled a beef-faced man in a red canvas jumper. "Nobody doubts as a Deal shillun steamboat 'ud pay well, but where are you goin' to raise the oof to start such a big wenture?"

Tom O'Bree set down the pannikin he had just drained with a contemptuous bang.

"Look at 'ere, Bill Gruffin, don't you think that such a werry hobvious notion 'ud occur to me sooner than to you? Don't yer now?"

"It might," grumbled the beef-faced man, "but seein' as how I was the first to speak of it—"

"The great point of my idea, mates," went on Tom O'Bree, cutting the other short, "is yet to come. We all allow there's money to be made out of a Deal shillun steamboat. Werry well! Bill Gruffin here—and I've no doubt there's a many more like 'im—can't see how we're a-going to get the money to start the bally job. Werry well again. Now this is where my great idea comes in; for in getting the money for the wenture, we can work the flaming business so as to raise a bit over an' above, just for to play with like. And what's more, I'll tell you how."

He paused to strike a match, and the little assemblage of boatmen viewed his ruddy face in ponderous silence as he puffed at the flame.

"I may as well 'splain that I've gone into this 'ere matter, so I know what I'm talking about. You lads have 'eard tell of what they calls company promoting?"

Several of them growled "yes, they had heard talk of it."

"Werry well! There's more money made out of company promoting than out of anything else, so a London gent was a-telling me, what I took out for a row t'other day. Says he, 'Look at 'Ooley, and Speerepont Morgan and suchlike as them,' he says, says he, and mind ye, lads, he belonged to the Stock and Share Exchange, and knowed what he was talking about. Well, my idea is to form a syndicate amongst ourselves, and to float a company to be called the Deal Shillun Steamboat Company; to get as much money subscribed as possible for shares; to buy a cast-off tugboat, or some such craft as may be going cheap, and not to be too pertic'ler about figgers when it comes to a matter of accounting for what may be left over. *Now*, d'ye see my meaning?"

There was a prolonged pause, broken only by the sound of vigorous and meditative puffing. Then an aged waterman in a rusty top hat withdrew his inch of sooty clay, and croaked out, "I allus said as Tom O'Bree 'ad 'is 'ed screwed on the right way."

"The idea's good enough, Tommy," presently exclaimed a burly young longshoreman. "But what I want to know is, who's a-going to subscribe all this 'ere money?"

"The public," responded O'Bree, dogmatically.

"'Ow d'ye know as they will?" sneered Bill Gruffin.

"'Ow do I know? 'Cos my Stock an' Share Exchange gent told me the British Public 'll rush to subscribe to any new company whatsoever."

"It'll do no harm to give 'em a chance, anyway," said the burly young longshoreman, who was locally known as Papercollar Joe. "I saw Mr. Harbottle sitting on the 'Splanade a-smoking his pipe, as I came along. Would'nt his advice be useful?"

Mr. Harbottle, it may be explained, was a young solicitor, with virtually no practice outside of what was furnished him by quarrelsome boatmen; he knew all the longshoremen in Deal, and called them familiarly by their Christian names.

"That ain't a bad notion," said O'Bree, approvingly. "You must 'ave a legal bloke in a job like this, so I'm told, and maybe as Mr. Harbottle 'll stand in along with us, and be solicitor to the company."

"I'll go and fetch 'im," volunteered Papercollar Joe, and after draining his glass he sallied forth. In a very short space of time he returned, and ushered in a smooth-shaven, pimply-faced young man in spectacles.

"Good morning all!" quoth he. "Want to see me, I hear. What's this great idea, Tommy?"

O'Bree briefly detailed his scheme. Mr. Harbottle listened with a gradually broadening grin.

"I don't see why not," said he. "'Pon my word, Tommy, you're quite a genius amongst beach-crawlers. Why shouldn't we float a company? The little steamboat might even pay."

"Bound to it," said Jack Budd, prophetically.

"I wonder it has never struck anybody before," went on Mr. Harbottle. "In these things it is always the idea which means the money."

"Of course, it's onderstood as we stand in together?" said O'Bree.

"Who's we—all Deal beach?"

"Strike me lucky, no! You an' me, and a few others as may 'ave a pound or two to spare, just so as to raise enough money to start the thing going."

"Oh, ay, certainly!" acquiesced Mr. Harbottle. "Let me consider, now: first, as to capital! How much should we require?"

There was a pause, and then O'Bree

hazarded, in a faint voice, "Say a thousand pound!"

"What can we buy a suitable steamboat for?"

"I allow about seven or eight hundred pound, 'cording to what I've seen such wessels sold at," answered O'Bree.

"Then we had better put our nominal capital at fifteen hundred, so as to leave a good margin over and above the sum on which we would proceed to allotment."

O'Bree nodded sagely, without in the least understanding what the young lawyer meant.

"It will cost us between twenty and thirty pounds to register as a limited company," continued Mr. Harbottle, "and I'm not reckoning anything for my own costs at that."

"You'll get them in another fashion, I allow," said Papercollar Joe, at which there was a general laugh.

"Never *you* mind how I may get them. It won't be at the expense of you going short of a single pint. I'll do the work, but I'm not going to put any money into the job myself. Now the question is whether we can raise, say, twenty-five pounds amongst us, so as to render this capital scheme a *fait accompli*."

Nobody spoke.

"Well, to put the matter plainly, who is there in this room able and willing to put any money into the business?"

"I've got ten pun saved up as I'm willing to stake on the chance of making it ten times as much," said O'Bree.

"And I'm agreeable to putting five suvverins in on the same tarms," added Papercollar Joe.

There were several coughs, and a good deal of expectoration, but nobody else volunteered any money.

"Well, fifteen pounds is a good substantial start," said Harbottle, encouragingly. "I don't think we'll be hung up for the want of the other tenner. Probably Bill Penny, the landlord of the "Black Dog," will come in with us, and put up the rest of the cash. I'll see him, and if you two, Tom and Joe, come to my office to-morrow morning, we'll fix things up, and get the company under way as soon as possible."

He departed, and left the air full of hoarse-voiced talk behind him.

The following morning Tom O'Bree and Papercollar Joe, both in well-brushed pilot-cloth, and shiny with soap and hair-grease, presented themselves at the little room which the meatsafe-like blinds parabled as Mr. Harbottle's office. A managing clerk, aged fifteen, sat upon a high stool reading up the Bankruptcy Acts, a subject which was popularly supposed in Deal to have more than a passing interest for the young lawyer. Harbottle reclined in an armchair, his feet upon the mantelpiece and a corn-cob drooping from his lips; opposite to him sat a stout, bottle-nosed man of sailorly aspect, in a sleeve waistcoat and half-Wellington boots.

"Mr. 'Arbottle has been a-telling me of this here notion of yourn," began this personage, after a general round of nodding. "I don't see why it shouldn't work werry profitably, Tommy. Mr. 'Arbottle thinks highly of it, an' that's enough for *me*. I've told 'im I'll put in anything up to twenty pun as may be needed to make up the expenses. Us four is to be the syndicate. If the job falls through, Mr. 'Arbottle says he'll return all our money, charging us nowt for expenses."

"That's it!" put in the promising young lawyer. "But my notion is that the job won't fall through. There's money in it for all of us, in my opinion. If I didn't think so, it would be of no earthly use to me to undertake all the necessary clerical work for nothing."

O'Bree murmured, "No, of course 'twouldn't."

"Now that the matter of the initial expense is practically provided for," went on Har-

bottle, "I shall draft the articles of association as soon as ever we have agreed upon general details. We must have a board of directors: the usual thing is not less than two or more than five. Who shall they be?"

The two boatmen and the publican, who was a retired boatman, exchanged looks, and then Penny said, "What do you recommend in the matter, Mr. 'Arbottle?"

"I should say," replied the young man, reflectively puffing forth smoke, "that you and Tommy O'Bree should be the two directors. You're both practical men, who could manage the thing efficiently. I must look into company law, and see whether I can't provide for your taking some founders' shares by way of directors' qualification. Papercollar Joe we might make skipper of the packet—anyhow, we'll find some office for him in the company. We must have a chairman: I think he should be some local big-pot, and it will probably pay us to make him a director as well—he might join the board after allotment."

"Where'll you come in?" queried O'Bree.

"Oh! I shall figure as solicitor to the company, and perhaps as a shareholder. We must have an auditor, by law. We'll appoint a Canterbury man, or better still, one in London, so as not to be bothered more than once a year over accounts."

"What'll yer make the shares?" demanded Penny.

"Why, divide the capital into pound shares. We must have power to issue part of the uncalled capital as debentures, but we'll not do it if we can help. I think about an equal proportion of preference and ordinary shares will serve our purpose best."

The three others tried to conceal their perplexity by looking very knowing, and O'Bree answered he thought himself that was the best idea.

"Shall 'ee make 'em fully paid?" demanded Penny, who occasionally laboured through the city column in "Lloyd's News."

"Oh, certainly! People fight very shy of shares with a call upon them."

Again the trio hid their puzzlement in acquiescence.

"Well, then, taking it for granted that you three will subscribe the money you have severally promised, I will get to work without delay. We shall manage it somehow, even if we don't get all the money out of shareholders, by having a mortgage on the little steamer, or something of that kind. I'll think it over, and see what's best to be done. So-long!"

He coolly knocked the ashes out of his pipe, and the three company promoters lurched forth to drink success to the embryo venture. Matters progressed apace after this, for Mr. Harbottle and his fifteen-year-old managing clerk had not so much work to do as to retard the new flotation in any way. The lawyer first of all made sure of the promised money, for he knew longshoremen too well to have implicit faith in them: once he had got this, however, he set to work very industriously. The future directors were boisterously talkative, but beyond this they could do little. Penny regularly scanned the "Shipping Gazette" in the hope of discovering some craft for sale which would suit the requirements of the Deal Shilling Steamboat Company, and one fine morning he found her. She was offered in Liverpool, as a serviceable little passenger steamer of eighty tons, with C.S.C. engines of forty horse power; had been licensed by B. of T. to carry seventy-five passengers; was in good order; price £750—and her name was the *Pretty Polly*.

Forthwith old Bill Penny staggered round to Mr. Harbottle, and triumphantly directed attention to this advertisement. Yes, that was just the vessel, the young lawyer agreed: such a capital name for the company, too, the *Pretty Polly*, Limited: he would write about it himself at once. Which he did. He told the proprietor of the serviceable little passenger steamer of eighty tons that it

was projected to form a Shilling Steamboat Company in Deal; that he was the solicitor of the promoters; and having seen the advertisement of the *Pretty Polly*, thought that the vessel might suit his clients: in the event of his introducing purchasers, what commission would the vendor pay him? This was Mr. Harbottle's first step in the direction of recompensing himself for not being upon the board of the embryo company.

The reply came by return of post. Whilst it painted the *Pretty Polly* in the most glowing colours imaginable, the willingness—indeed, the evident anxiety of the owner to have the opportunity of paying Mr. Harbottle a commission of five per cent. suggested that there was not a fierce competition amongst buyers. And, further than this, the hint that a part of the purchase money might remain, caused Mr. Harbottle to musingly stroke his chin whilst he read it, as though to the kindling of a new idea.

Several letters passed between Mr. Harbottle and Mr. William Glover, the proprietor of the *Pretty Polly*, during the course of the next few days, and of these the trio forming the syndicate knew nothing. Then, at a meeting of the future directors and their lawyer, convened one evening at the "Black Dog," to discuss progress, Bill Penny was highly gratified to discover his suggestion had so far borne fruit that Mr. Harbottle proposed "that the company be called the *Pretty Polly*, Limited; taking its name from a ship, at present in the market, and which from a letter he had received from the vendor, appeared singularly suited to their requirements, and was to be had upon very favourable terms."

"We're a-getting on, then," said Papercollar Joe, with a grin of gratification.

"Certainly! I have got out the articles of association, and hope to rush the Somerset House formalities through very quickly; then we must issue our prospectus, advertise freely, and do all we can to rake in the necessary capital."

"That's it," chimed in O'Bree, nodding knowingly. "And I've got a notion that them shares 'll be applied for pretty well by people about here. I've been pitching the yarn all round as to what a paying consarn a little passenger steamboat at Deal is bound to turn out, and several folks have hinted that they shall have a finger in the pie if it comes to anything."

"My fat old aunt 'll take twenty pun's wuth of shares," exclaimed Papercollar Joe.

"Capital!" cried Harbottle. "The company will assuredly become a *fait accompli*."

And so it did. In a wonderfully brief space of time Deal was flooded with the prospectus of the *Pretty Polly*, Limited, accompanied by application forms; the Deal press (possibly for the consideration of a half-page advertisement) wrote up eulogistic leaders upon this latest feature of local enterprise; and, to cap everything, Admiral Bloomtree, who was jocularly presumed to belong to the Swiss Navy, since his name had never yet been discovered in any Service list extant, promised to become chairman, and join the board after allotment.

The shares were subscribed for in a fashion which delighted the O'Bree trio and staggered Harbottle. The Cinque Ports' Bank received applications, along with deposits, from nearly every publican in Beach Street—no trivial item when it is understood that windy thoroughfare boasts of over twenty licensed houses!—and from dozens of small tradespeople who, under the guise of wishing to promote the attractions of Deal, took advantage of what they considered a very promising investment. In short, by the day the subscription list to *Pretty Polly*, Limited, was closed, the sum of £624 had been tendered, and in the language of Mr. Harbottle, "the blighted company was made!"

"We must try and get quoted in the local share-list, and run up to a good premium,"

confided the lawyer to his pal, Dr. Corncure. "Blessed if they wouldn't be a good spec. on the bull tack!"

"I'd rather sell a bear of 'em for a safe find," replied the other, at which both young men laughed heartily.

When the list was closed, with the highly gratifying results already recorded, Harbottle called a meeting of the syndicate to decide upon a plan of procedure. It took the shape of a friendly forgathering in his office, a plentiful supply of rum and "ship's hard" being specially provided for the occasion. The upshot of the interview was that the two directors, O'Bree and Penny, should proceed to Liverpool with as little delay as possible and view the *Pretty Polly*, with powers to purchase her under an arrangement by which not more than £450 in cash should be paid, the balance to remain on mortgage to the company at four per cent.

"We must have working capital," explained Mr. Harbottle. "It would never do for us to shell out the whole of our six hundred and odd quid! See Glover, and try and beat him down a bit. He's a keen seller, and two sharp business chaps like you know what *that* means. Try and pick all the holes you can in the *Pretty Polly*: and, if he'll take the balance of the purchase-money in fully-paid shares of the company—well, so much the better for us. I've sent him a prospectus, so he'll know all about it. Now I'll write and tell him you're coming down to view let us say, on Wednesday next."

This was agreed to, and in due course Mr. William Glover replied that he should be very happy to meet the two directors of *Pretty Polly*, Limited, at Liverpool, and trusted that a mutually satisfactory deal would be the result. Meanwhile, Harbottle persuaded the local stockbroker to quote the shares in his list. He then, by a good deal of dexterity, as must be admitted, arranged that several enquiries should promptly be forthcoming for "Pollies" at the broker's office, who having no floating stock, advertised that he was a buyer of same at par. This offer producing no response from holders, and enquiries continuing for small lines of the shares, the broker was induced to bid them up, and within a week of their appearance in the list, "Pollies" were buyers at a quarter premium, at which figure Dr. Corncure sold short of one hundred.

But we are going ahead a little too rapidly in referring to the activity which presently sprung up in "Polly Prefs." (the Ordinary were a very dead market at 18*s.* to 19*s.*); and must revert to the doings of Penny and O'Bree. Liverpool is a solid day's journey from Deal, for there is the South Eastern Railway to negotiate, and this requires some fortitude on the part of the venturesome spirit who commits himself to such trains as are available at Minster Junction. However, even schedule time must run to its limit by patience, and about six o'clock in the evening our two directors issued from a compartment which their assiduous smoking had rendered uninhabitable to any living creature but a longshoreman, on to the platform of Lime Street Station.

Mr. William Glover met them. He seemed to single them out by instinct as being the two directors, and furthermore it was passing strange that he should have known they would arrive by that identical train. Possibly Mr. Harbottle may have written and told him; this is as it may have been, in any case, it was a source of considerable satisfaction to the boatmen to find themselves accosted on their arrival at the busy station of the big strange city. Glover was suspiciously hospitable. He insisted upon putting up Penny and O'Bree in a comfortable little hotel at his own expense, and even essayed to make them drunk, but desisted on discovering that he would certainly succumb first.

Next morning the three men got to business. They crossed to the Birkenhead side, where the *Pretty Polly* lay moored against a

grimy quay, and proceeded to inspect her. Let it be confessed at once that she was in a very advanced stage of dilapidation; just one of those rickety, long-funnelled, paddle-boats of the type which used to ply upon the Thames some years ago. Paint had been liberally employed to conceal the most glaring defects, but the sailorly eyes of the two Deal boatmen took in at a glance the fact that the vessel was really as rotten as an old cheese. The little party went completely over her; Glover was vociferous in his praise of her merits; the others were silent and glum.

"THE THREE MEN EXCHANGED LOOKS."

"Well, gents, and what d'ye think of the little ship?" enquired the proprietor, as the

three of them came to a pause in the grimy engine-room. "Ain't she a beauty?"

"No," retorted O'Bree, "she ain't!"

"It's no good trying to kid us, mister, 'cos we know what a wessel ought to be. I don't think she'll suit," exclaimed Penny.

"Not suit! How's that?" queried Glover, looking from one to the other of them.

"First of all, because she ain't boat enough for our work, and, secondly, 'cos she ain't wuth the money you're asking," answered O'Bree gruffly.

"Seems to me," said Glover rather slowly, "that, according to what Mr. Harbottle has written, it's either me or you who haven't quite got the proper hang of this job. What's the prime object of this here company of yours?"

"Why, to make money by running a shillun steamer," replied Penny.

"Oh, I thought it went a bit further than that. Your solicitor gave me to understand that the chief object was to make money for the promoters of the job."

"As how, mister?" demanded O'Bree, abating his gruffiness.

The vendor of the *Pretty Polly* shrugged his shoulders significantly.

"Look here!" he burst out, instantly after letting his voice sink. "We may as well understand one another at once. This steamboat is a crazy old ramshackle packet. *You* don't want me to tell you that. I've been trying to sell her for months past, but nobody will buy. Now, we can all stand in on this deal, which I take it from Mr. Harbottle's letters is something of the kind that's in his mind, although, of course, he don't say so. I want to sell my steamboat, and you want to make money. Here's my proposal in two wags of a mosquito's tail. You pay me £400 in cash, and 350 fully paid shares in your company—which I understand are easily marketable down your way—and I'll give you a receipt for £800 in full payment for the *Pretty Polly*. D'ye twig me now?"

"The notion ain't a bad 'un," said Penny approvingly, "and it 'ud not be cheatin' anybody. But the steamboat ain't suitable for our purpose. That's the rub, mister; they'd never license her to go to sea with passengers in the waters round the Good'en San's."

Again Mr. Glover shrugged his shoulders—this time contemptuously.

"I thought you Deal boatmen was as fly as they make 'em round the coast," said he. "I know there's a many of you have done time for knocking shacklepins out of ship's cables of dark nights, and suchlike tricks as get 'em into trouble with an eye to a hovelling job. But I see Liverpool can teach ye a bit for all that. Supposing you were to buy the *Pretty Polly* now, just for the sake of argument; wouldn't the first thing you'd do be to insure her well?"

The three men exchanged looks during a feeling pause, for *now* all was seen and appreciated.

"It's a thing of precious big possibilities, and with little enough risk," continued Glover, presently. "You can take your time over the job, don't you see, and I suppose you draw so much a day for expenses from the company? Any steamboat you might buy will sure to want renovating, and you can't get that done better anywhere than here. This'll explain to the shareholders why you're rather a long time away. Meanwhile—well, you know!"

"What do you think, Tommy?" enquired Penny.

"Why, Bill, I think it is a knockout notion, look at it from all points of view. We make fifty quid ourselves for a start. Werry well! Then we get rid of three 'undred an' fifty shares of the company, which is just what Mr. 'Arbottle told us for to do. Werry well! This 'ere party sells his steamboat, and 'ee's satisfied. Werry well! If we insure the wessel up to the knocker, and have the misfortune to cast her away on the voyage round, the company 'll get back all its money and a

bit more. In fact, everybody's the gainer but the flaming 'surance company."

"And the underwriters can stand to lose a bit," said Glover.

"Blimed if 'tain't a fine scheme!" cut in Bill Penny, as though O'Bree's terse summary of the advantages had put it before him in a new light. "Would there be any difficulty in getting the vessel insured, mister?"

"Not the slightest! I will take you where this can be done straight away off. Don't go too high or you might excite suspicion with a disaster following so soon. Value the vessel at £1,200 and insure her for £1,000. That's the game."

"And s'pose, by any chance, the 'surance blokes would't pay—what then?" demanded O'Bree.

"What then? Well, who'd lose? Not *you!* I should, as the holder of three-fifty shares; but I'm willing to take the risk. Besides, why shouldn't the underwriters pay? Of course, the job would have to be properly done. I mean the vessel must be totally lost, and not merely put ashore so that she could be salved again. What d'ye say, gents?"

What the gents did say may be best judged from the circumstance that an hour later Mr. Harbottle received a telegram acquainting him with the fact that the *Pretty Polly* was purchased on behalf of the limited company upon very favourable terms; but that, as she could not be got ready under a fortnight at the very least, the two directors were remaining to superintend. That same evening Mr. Glover, rightly judging that the education of Penny and O'Bree would run to but very incomprehensible explanations, himself wrote a very circumstantial account of the whole transaction to the young solicitor, omitting, however, any reference to the insurance scheme.

Harbottle was jubilant. In the first place, there was his own commission for having introduced purchasers. And then the acquisition of the *Pretty Polly* gave the company such a substantial air. He straightway repaired to the stockbroking office of Mr. Leonard Higgins, and having opened a bull line of 100 "Polly Prefs." at par, he imparted the news. Being a shrewd young man, he foresaw that his game was to create an active demand for the company's stock, and at the same time to do what he possibly could to keep the floating supply short. To which end he at once communicated with Glover, bidding him hold his 350 shares for the higher prices to which they intended putting them.

Higgins had three more enquiries for small parcels of "Pollies" that day; and, although he had no stock upon his books, yet he never doubted of being able to find sellers in ample time to make delivery. The last line of twenty shares, however, purchased by Mr. Hanger, of the "North Star" (on favourable rumours), he quoted at ⅛ premium, for as he was the sole jobber in the stock, he could naturally make his own prices. Investment business not being particularly brisk in Deal, Mr. Leonard Higgins favoured a mild speculation occasionally.

Quite a little boom now started in "Polly Prefs.," buyers of small lots coming in freely. When the price had been lifted to ¼ premium, Dr. Corncure sold a block of a hundred shares, as already recorded. The Deal Stock Exchange, which knew precisely where all the shares were held, quietly took note of this bear sale, with a view to an ultimate squeeze. Buying still continuing, the price firmed up to 1½ on the following day. Then several sceptics, who had held aloof with sneers, rushed in to purchase before the quotation ran away, and by the end of the week "Pollies" were declared imprac. to one enquirer at 2¼ bid. Harbottle rubbed his hands and grinned. Corncure was rather down in the mouth, and sold 50 more to average.

Then Mr. Higgins began to realise that he himself was rather oversold. It is true that

it practically lay with him to appoint a settling day in the stock, and that he could defer doing this until he was in a position to deliver his own commitments. Thus far his books showed 540 shares bought, and only 150 sold—and these, as he knew, were shorts. So, to check the buying just a little, he put up the price a full point, the next order being done at 3½. On this Harbottle promptly closed the 100 shares he had open, and secured his profit of £225, less commission. The Deal Stock Exchange had counted upon Harbottle taking up his shares, and now grew rather apprehensive lest others might be merely running them. This fear of further profit-taking caused a drop of ½ in the price, the effect of which relapse was to bring in buyers stronger than ever.

When "Pollies" had been rushed up to 5⅛, and Mr. Higgins was beginning to think he had done a particularly foolish thing ever to have dealt in them at all, Mr. Harbottle called in and demanded a price for 500 Prefs. The broker hesitated a long while: if the lawyer were a seller, it must be as a bear: if a buyer, it would be seriously increasing his obligations to sell such a long line in so limited a market. So he quoted a very wide price. Mr. Harbottle sold 500 shares at 4 ⅞.

The Deal Stock Exchange was pleased. It reckoned upon squeezing Harbottle, along with Corncure, when settling day was fixed; although it was slightly perturbed too at the prospect of neither being able to pay. It was unaware that the lawyer had, that same morning, taken Glover's block of 350 shares off his hands at 2—the Liverpool man having no knowledge of the local quotation, and thinking the doubled up price a quite good enough offer for him—and that he (Harbottle) was risking some of the fat profit made on this deal, by selling short of 150 shares in anticipation of the slump which he knew must ultimately come!

Harbottle's sale caused a reaction in price to 3½. This was such a substantial drop, that people began asking why it should be; and the buying, which had shown rather a waning tendency for two or three days, now stopped altogether. Developments were awaited, in the shape of the arrival of the *Pretty Polly* herself, which according to the acting secretary (Admiral Bloomtree's son) might now be expected in the Downs any day. But time slipped away, bringing neither any signs nor news of the steamer. Corncure bucked up, and tried to sell 50 more shares; but Higgins, who thought he was quite deep enough in already, refused to make him a price.

The Deal Stock Exchange now thought it desirable to appoint a day for special settlement in *Pretty Polly*, Limited; the Cinque Ports' Bank having notified that the certificates were ready, and would be issued in exchange for allotment notes. So Mr. Leonard Higgins intimated to his clients that he should expect a mutual fulfilment of obligations in respect of this company, upon a date which he named, being about a fortnight ahead of the time of his notification. The broker reasonably reckoned upon making a very good haul out of the whole speculation. He knew that Harbottle and Corncure had both sold short, and that when he came to demand delivery of the stock they would have to buy it in: as he himself was the market, they must of necessity come to him to get the shares, which simply meant that he could let them out at whatever price he chose. A bear squeeze in a one-man market was a unique position to have created, and the Deal Stock Exchange was very pleased with itself at the prospect. The only doubt which shadowed its satisfaction was a decided element of uncertainty as to getting paid.

At length, Acting Secretary Bloomtree was able to definitely announce, that the *Pretty Polly* had sailed from the Mersey on her passage round to Deal. Harbottle had received a telegram from Penny stating that they were leaving on the full of the next

flood, and he buzzed about the town like a bluebottle in a strange kitchen, spreading the news amongst the shareholders. Interest was stimulated again, and a few small buyers turned up at Higgins' office. The price firmed up to $4\frac{5}{8}$, which suited the Deal Stock Exchange very well, in view of the fact that the settlement would take place four days later. Harbottle himself called in during the afternoon.

"Will you give any carrying over facilities in 'Polly Prefs.,' Higgins?" he enquired.

"Bull or bear tack?" demanded the broker sententiously.

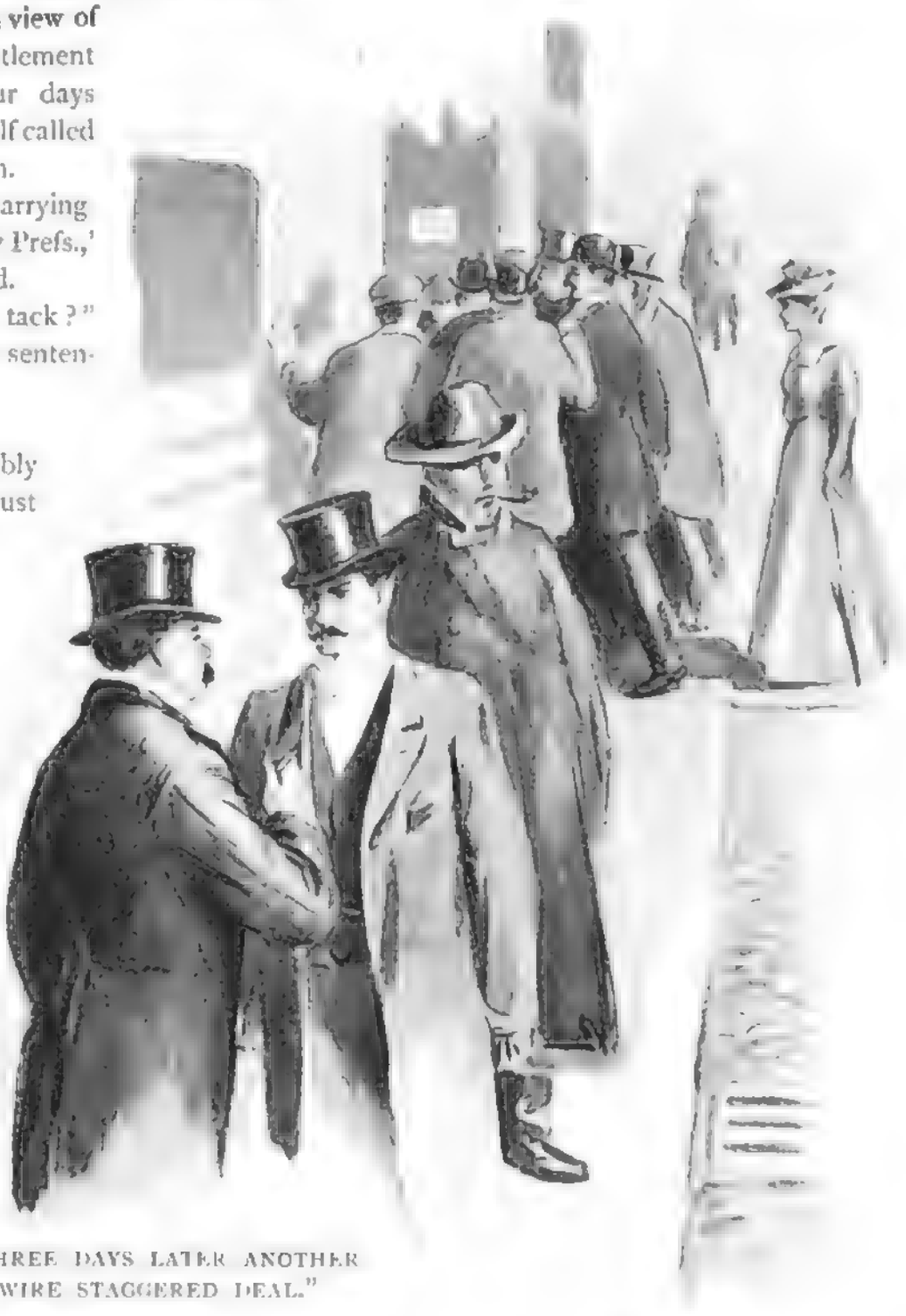
"Bear tack."

"Sorry! Can't possibly do it, Harbottle. Must ask for delivery of everything I've bought on settling day, as I'm oversold myself."

"Then you're a buyer yourself?"

"I'd buy all the stock in the place," retorted Higgins in the airy style of a man who makes a promise he safely counts on not being ever called upon to perform.

Harbottle nodded, and quitted the office.



"THREE DAYS LATER ANOTHER WIRE STAGGERED DEAL."

Three days later another wire staggered Deal: it was posted up at the registered office of the company, and the news spread like wildfire. Addressed to Mr. Harbottle from Swansea, it recorded how the *Pretty Polly* had foundered somewhere abreast of Milford. There was a loud crash in the engine-room: it was believed that the crankshaft must have snapped, and in breaking have struck through the little vessel's side, ripping off her plates, and causing her to

sink almost at once. The two Deal boatmen, together with the engineer and stoker, escaped in the boat, and were shortly afterwards picked up by a passing steamer which landed them at Swansea. This is the substance of the story which that fateful wire conveyed.

There was quite a rush to sell "Pollies." But the morrow was settling day, and the Deal Stock Exchange had no mind to be saddled with the whole of the stock: Higgins therefore resolutely refused to make a price at all. This demoralising procedure had a most alarming effect, making holders desperately anxious to realise. Then Mr. Harbottle came to the rescue. He quietly went the rounds of all the people he knew to have bought stock, having previously armed himself with a liberal supply of transfer forms, and said that since he wanted to avert a panic in Deal, as the upshot of an unfortunate venture for whose inception he feared he was responsible, he would buy up the stock himself—at a price. In this way, within seven hours, he raked in 275 shares at par!

Next morning, two men presented themselves at the office of Mr. Leonard Higgins with very different expressions upon their faces—Corncure and Harbottle. The lawyer had been artful enough to foresee one singular dilemma: as Higgins had refused to make any price in the stock on the previous day he had virtually admitted there was no market in it: how, then, did he propose to fix his make-up price? Corncure knew nothing of this, and would take as the current quotation any figure Higgins might name. Harbottle resolved to let the doctor be tackled by the broker, that the point about which he was anxious might be established—namely, the settling price of "Pollies." Nor had he long to wait. Mr. Leonard Higgins announced that the last dealing price of these shares was 4$\frac{1}{16}$, and that this was therefore the quotation at which they would be made up.

"I trust you two gentlemen are prepared to deliver, as I very much want the stock?" said the broker.

Corncure looked sheepish: Harbottle nodded.

"What?" cried Higgins with an expression very much akin to consternation. "You've got 500 shares?"

"Certainly! And another 125 to boot, of which I am a seller at the price you have quoted."

"Golly!" mumbled the young doctor. "However have you managed it, old chap? Perhaps you can lend a pal a bit to help him meet his differences?"

"Of course I can," replied Harbottle. "When Mr. Higgins lets me have his cheque against the script which I have got here, I will lend you what you may require to close your bear of 'Pollies,' and you may pay me back when you can."

Higgins foresaw that the Deal Stock Exchange was virtually dead from that moment.

* * *

The story of the fate of *Pretty Polly*, Limited, must remain fresh in the memory of many folks in Deal. The underwriters, from the very outset, refused to pay. An extraordinary general meeting of the shareholders was held, to discuss what course should be adopted in view of this situation, when a good deal of comment and disquietude was caused by the absence of Penny and O'Bree. These two directors had returned to Deal shortly after the loss of the steamer, but on hearing that the insurance people were asking some very pertinent questions, they mysteriously vanished, and were afterwards discovered to have worked their way out to British Columbia on board a sailing ship, for what possible reason could only be conjectured.

The solicitor to the company shook his head, said it was very unfortunate, and proposed voluntary liquidation. Higgins darkly

hinted at a line of conduct on the part of some parties concerned which was dishonourable, to say the least of it—a remark that caused a very heated passage of arms between the lawyer and the broker. So voluntary liquidation was agreed upon, and that same evening Papercollar Joe got drunk and violently assaulted Dr. Corncure, whom he vaguely imagined to be responsible for the collapse of *Pretty Polly*, Limited. In short, as Mr. Harbottle very nicely put it when he read shortly after that Higgins had filed his petition, the whole thing afforded a very instructive object lesson to people of the danger of putting their money into a venture of which they knew nothing.

With Rod and Reel in Salt Water.

By A. R. MATTHEWS, Editor of *The Angler's News.*

YEARS ago solitary individuals were occasionally to be seen fishing from the pier head or from a boat moored close to shore. More often than not their tackle consisted of thick, heavily-weighted handlines, and the fish they caught were not particularly notable for their size or number. Other seaside visitors paid them little heed; but when, later on, the rod and reel grew more in favour, interest began to be awakened in the wielders thereof, especially if, as frequently happened, a game-fighting bass was hooked or a shapely, plunging cod was brought to the gaff. A kind of sea-fishing fever broke out, and the sport "caught on" in a way never dreamed of even by its most enthusiastic admirers and followers. Why, before leaving town now even the ordinary sea-side holiday maker is particular to see that a rod is included in the proverbial bundle of walking sticks and umbrellas; and it may be asserted without the remotest fear of contradiction that, where one angler a few short years ago participated in the sport, a hundred follow it to-day—the rod and reel have replaced the handline, special tackle has been manufactured, sea-fishing clubs have been formed, and almost throughout the year the sea-angler is to be found at work either afloat or ashore.

Salt-water angling is a health-giving pastime, besides frequently yielding double the sport to be met with in river and lake among the roach and bream and barbel and pike. In this latter connection, it may be mentioned that the sport of sea-fishing has for its followers all classes of anglers even to the dry fly-fisher who whips the Hampshire chalk streams for trout. The fresh-water angler has also found out, much to his advantage, that, when rivers are not fishing well, or are out of condition, there are the blue waters of the ocean to fall back upon in order to fill the creel, and each season more river anglers are devoting attention to the sport furnished by the sea. The result is that many heavily-fished rivers obtain a rest, and the angler meets with sport all the same.

The sport of sea-fishing is carried on from piers, breakwaters, harbour walls, rocks, beach, and boats, and may be divided into two branches—bottom fishing and surface fishing. I need scarcely observe that in both styles, except perhaps in particularly deep water, necessitating very heavy leads, most success is achieved with rod and line. After all one need not trouble about the very deep water, for there are plenty of fish to be generally caught within from one mile to seven miles of the shore. Angling from boat has become much more popular than was the case four or five years ago, and at such places as Deal, Southend, Leigh, Burnham-on-Crouch, Great Yarmouth, Margate, Brighton, Scarborough, Weymouth, and other resorts local beachmen reap quite a golden harvest from taking out angling parties. In the cod and whiting season this employment is ex-

tremely welcome, for it comes at a time when the usual sea-side visitors have taken their departure, and things on the beach are a bit quiet—from October right up to January and even February. In the Downs, off Deal, I have before to-day often counted forty or fifty angling boats, and I once saw over one hundred boats fishing there for cod and whiting. Last season over two hundred anglers alighted one Sunday morning at Burnham-on-Crouch, with the result that an hour afterwards the salt-water tidal river there was "alive" with boats containing anglers busy among the silver whiting, which in October and November run up the Crouch in countless numbers. The latest development in sea-angling is reported from Penzance, where several motor boats have been built to tow out anglers to the favourite grounds, and one of these fine days I should never be surprised to see announced that steamboat excursions had been organised for deep-sea angling. They do this in Australian waters, where schnapper parties are daily taken out on steamers, and on the Californian Coast steam launches are used by anglers who fish for the leaping tuna and the game yellow tail. The time is fast approaching, too, when the boatmen round our own coast will have their boats furnished with rods and tackle just as the professional fishermen's punts are up the Thames. Many of the men have already discarded the thick lines, big hooks, and heavy lead sinkers of the old days, and last

Photo by W. G. Cox, Weymouth.]

SEA FISHING AT WEYMOUTH.
Some members of the A.A. on the Pier.

season I met with quite a number of these worthy individuals plying the rod themselves.

The following among other fish are taken on the rod and reel round our coast :—Dabs, flounders, whiting, pout-whiting, bass, pollack, grey mullet, plaice, turbot, skate, coal-fish, mackerel, wrasse, weavers, dog-fish, sea trout, silver eels, congers, sea-bream, ling, cod, codling, etc. The fish have their various seasons for visiting inshore waters either in search of food or for spawning purposes, and those anglers who make a study of their habits find much to interest them. Although there appears to be "as many fish in the sea as ever came out on't," anglers do not always meet with well-filled baskets, for gales, nor'-easters, and gin-clear water have all to be reckoned with. A clear water is bad for most kinds of sea-fishing. The wary bass and pollack are easily scared from their inshore grounds, and the cod and whiting retire to deep water. One of the best times for sea-fishing is after a breeze, when the water has been well stirred up and is fining down. Fish are more eager for their food then, and there is less chance of them being scared by the appearance of the tackle or their would-be captor. In the autumn and winter months the sea generally shows pretty well of "colour," and then is the time for the angler, out in a boat or fishing from the pier, to be prepared for sport. Cod, codling, and whiting then are often close in in large numbers, and, baiting with a piece of sprat, fresh herring, or a lug-worm, the angler one minute may pull up a ½-lb. silver whiting, and the next be doing battle with a big cod. Before to-day I have seen cod weighing over 20 lbs. landed from a pier, and this accomplished within a few yards of the shore, too. When the whiting are "well on" on a favourable November day the sport is fast and furious, and hundreds of anglers throng the piers daily during this month at the various sea-fishing stations. It is generally a great time for the whiting anglers.

The cod, whiting, conger, flat-fish, pout, sea-bream and dog-fish are fished for with bottom tackle, this generally consisting of a strong gut trace (fitted with or without wire booms), to which are attached from one to four hooks, the bait being held on the bottom by a piece of lead known as a paternoster lead.

Bass, pollack, and mackerel being among the surface-feeding fish, they are taken with various artificial spinners—all of which can be obtained at the leading tackle dealers—and natural baits worked near or on the top such as sand-eels, rag worms, herring's milt (very killing among mackerel when run down on the tide where these fish are playing about), and sprats. The fish above mentioned

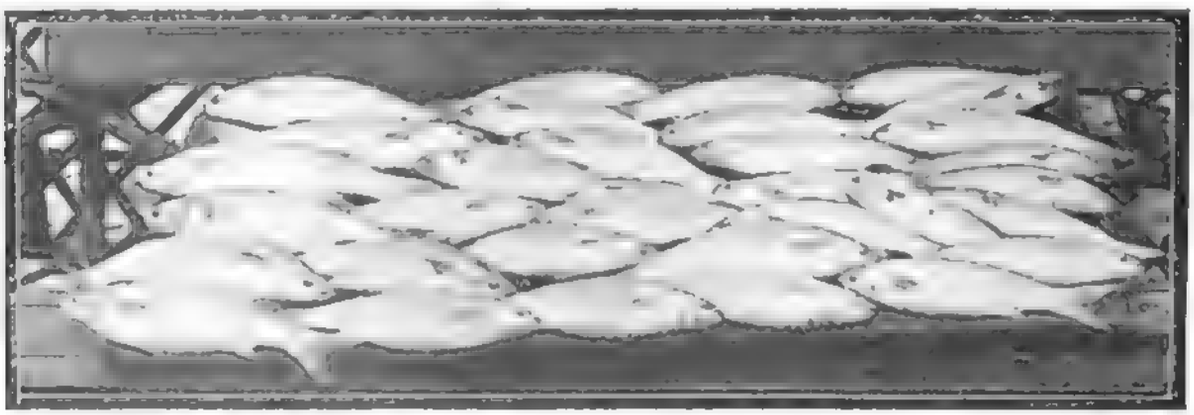


Photo by Goodman & Schmidt, Margate.]

A REMARKABLE TAKE OF GREY MULLET AT MARGATE.
By Messrs. T. W. Gomm and Daunau. 33 fish from 4 lbs. to 2¾ lbs.

are also to be caught with large white, red, and other coloured artificial flies.

When the angler uses a light rod the sport afforded by the mackerel is of the first water. I have never experienced anything to equal it yet in the sea. The mackerel never says die, fighting for liberty until the very last. Upon more than one occasion I have had mackerel leap clean out of my landing-net when lifting the fish into the boat, to, directly they alighted in their native element, battle harder than ever to effect their escape. Large fish are taken in the various classes I have alluded to—cod of 15 lbs. to 25 lbs., and even 30 lbs.; congers from 10 lbs. to 20 lbs. or 35 lbs. At Deal I once saw an angler come ashore with two of these miniature sea-serpents scaling nearly 70 lbs. the brace, both landed on rod and reel. Bass range up to 8 lbs., 10 lbs., 12 lbs., and even 16 lbs.; pollack of from 6 lbs. to 12 lbs. often figure in the angler's take, and I have seen and heard of some very large turbot and skate secured at different times. Two seasons ago Mr. J. Basten landed one of the heaviest fish perhaps ever hooked by a London angler. This gentleman, who is a member of the British Sea Anglers' Society and the Gresham Angling Society, was fishing off Ballycotton, Ireland, when he hooked a huge skate weighing 120 lbs.—a fish which occupied over an hour to "kill," and severely taxed the strength of the angler and his tackle. The skate was caught on an ordinary light greenheart sea-rod and bottom fishing tackle. Playing this great flat-fish was like playing the top of a large dining-room table—that is, when it was hugging the bottom—for when it made a rush the angler did not dare to put any pressure on his line. The capture of the 120-lb. skate was a marvellous performance. When dealing with what are known as the "game" fish—bass, pollack, etc.—I omitted to say a word or two about the grey mullet. This fish, known as the sea-fox, salt-water carp, etc., from its craft and cunning, is not a fish on which the novice or beginner should practise. More often than not it proves one too many for the old hand and veteran. The grey mullet is not only a very wary feeder, but among the list of baits which the angler commands few seem to really tempt it. Sometimes it is caught with pieces of peeled shrimp, a rag worm, or a small knob of potato, and latterly has succumbed to two baits much used by river anglers for roach—I refer to white paste and cubes of bread-crust. In fact, one of our most successful grey mullet anglers is also one of our best Thames anglers—Mr. T. W. Gomm—and it was this gentleman who not only, I believe, first introduced to the Margate mullet the bread-crust bait, but caught with it a magnificent specimen scaling over 8 lbs., a fish which was taken under Margate jetty. Mr. Gomm fishes for mullet with a slider float, fine gut, and a hook about the size one would employ for perch or chub, and he and one or two

Photo by Mr. Mignot, junr.]

AMONG THE COD AT DEAL.

A catch by Mr. Mignot, sen., of the British Sea Anglers' Society.

skilled local anglers, when the tide and colour of the water have been right, have brought off some remarkable catches of the wily mullet at merry Margate. The white paste and bread-crust, coupled with fine tackle, are proving more taking among the grey mullet than any bait of my acquaintance, and I am looking forward to some good sport with these lures shortly on the Kentish coast.

Having mentioned the principal fish to be caught round our coasts, I think I cannot do better than reel in with a list of some of the favourite fishing stations:—Brighton, Newhaven (Sussex), Hastings, Eastbourne, Weymouth, Teignmouth, Plymouth, Penzance, Scarborough, Ballycotton (Ireland), Southend, Leigh-on-Sea, Great Yarmouth, Felixstowe, Clacton, Lowestoft, Southwold, Cromer, Margate, Ramsgate, Deal, Dover, Dungeness, Burnham-on-Crouch, and Walton-on-Naze. Better sport one could not wish for than can be had at these resorts in due season; nor is this all the inducements which they offer the angler from the big cities and towns—there is the invigorating ozone, which builds up health and muscle, the welcome of genial brother anglers, and the complete change and rest from the worries and cares of everyday life.

ON THE SANDS.

The Early Education of Children.

By EDWIN DOWZARD, F.C.S.

VERY different views respecting the education of children prevail in this country. In most schools, the importance of a sound body and a well-developed organisation to the production of correct and long-continued mental action has been overlooked; and both parents and teachers have tried to discover the quickest methods of developing the minds of children, without thinking that mental exertion itself could injure any part of the body. Parents are frequently forgetful of the brain. They know there is danger in exercising many of the other parts of the body too much when they are but partially developed; they know that caution is necessary with children in respect to their food lest their digestive organs should be injured by a too-stimulating diet. A parent would be alarmed if his little child, by combined encouragement and training, had learned to eat as much food as a healthy adult. Such a prodigy of gluttony might undoubtedly be formed—the method of effecting it would be somewhat like that for enabling a child to remember and reason and study with the ability and constancy of an adult. Each method is dangerous, but probably the latter is the more so, because the brain is a more delicate organ than the stomach. To make an organ superior to another in power, it is necessary not only to exercise it frequently, but to render other organs inactive, so as not to draw away from it that vital energy which it requires. In early life no one organ of the body can be disproportionately exercised without the risk of injury. Either the over-excited and overtasked organ will be injured, or the development of other and essential parts of the system will be arrested.

There is no evidence that books put into the hands of children before the age of seven and eight are of any lasting benefit, either to the body or mind, and it is certain that the cramming system of the present day is injurious to the young intellect. A great number of children are sent to school at the age of three, and the majority are sent at four or five, and these children are kept at their lessons for almost the same time as boys and girls of 14 or 15. Surely this is unnatural. There is as much sense in it as there would be in keeping a young kitten or puppy in the same position for four or five hours every day, and punishing it if it showed any inclination to romp or play. Parents should not be troubled because their children do not exhibit uncommon powers of mind in early life, or because, as compared with some other children, they are deficient in knowledge derived from books. Let them rather rejoice if their children reach the age of seven with well-formed bodies, good health, and no vicious tendencies, though they may be at the same time ignorant of every letter in the alphabet. If they are in this condition it is not to be inferred that their minds are inferior to those of children who have been forced to study from their earliest years, for in all probability the knowledge the child has gained while running and exercising in the open air is more valuable than any he would have acquired at school. At all events, he has gained what is far more valuable than any mental acquirements, namely, a sound body, well-developed organs, senses that have

been perfected by exercise, and stamina which will enable him in future life to study and labour with energy and without injury.

The history of the most distinguished men will lead us to the conclusion that early mental culture is not necessary in order to produce the highest powers of mind.

There is scarcely an instance of a really great man, one who has accomplished great results, who in early life received an education in reference to the wonderful things which he afterwards performed. The greatest philosophers, warriors and poets, those men who have stamped their own characters upon the age in which they lived, have received no better education when young than their associates who were never heard of beyond their own neighbourhood. Self-education in after life made them great so far as education had any effect. Nowadays any special aptitude which a child may possess is crushed by the system which gives every child the same education, whether it is suitable or not. All the knowledge that a child of seven possesses should have been learned freely, voluntarily, always in play.

The mind ought never to be cultivated at the expense of the body, and physical education should precede that of the intellect, and then proceed simultaneously with it.

LADIES' CLASS USING DEVELOPER.

The Bull-Fight.

"ONCE seen, never to be forgotten" can well be applied to a bull-fight; and I can truly say that although it is now many years since I saw my first, it is still deeply impressed upon my memory. It would be impossible to describe the excitement of the people for hours before a bull-fight is due to commence amongst the well-dressed and well-behaved crowds making their way to the "plaza." And here I may say I have never seen a crowd dressed with better taste, although you see all the colours of the rainbow intermingled, or a better-behaved crowd.

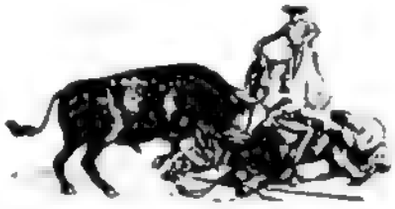
Entry and march round the Arena of the "Alguacil and Lidiadores" (Bull-fighters).

"Picador" being charged by the bull.

That the bull-fight belongs solely to Spain there is no doubt, but there is some uncertainty as to its origin. Some writers hold that it was introduced by the Romans, but as a kind of circus, and they bring forth as proof of this the remains of the amphitheatre in Tarragona and various other Spanish towns. That may be so, but the accepted suggestion is that it originated amongst the Arabs of Andalusia, and the knights of the middle ages, who, in tournaments, used to display great valour and skill in their feats with the bull. In Granada the Arabs had a large place where these festivities and tournaments were held, even to the last days of their stay.

A "Banderillero" awaiting the attack of the bull.

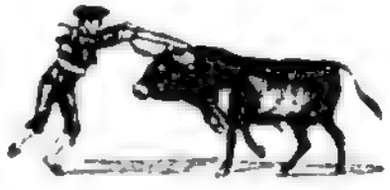
Historians tell us of many a Castilian noble who proved to his rivals, the Arabian knights, by his prowess in the bull-ring, that he was not behind them in valour and indifference to danger; and ancient chroniclers state that the first Spanish nobleman who charged a bull with his spear was that renowned personage, Rui Diaz de Vivar, better known in those days as The Cid Campeador.



"Picador" and horse fall; another "Lidiador" draws the bull away.

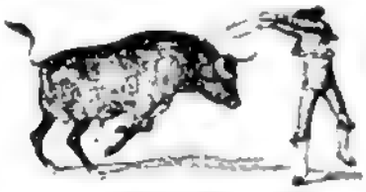
As years went by the festivities were improved upon; and when Charles II. of Spain came to the throne the exhibitions reached their highest point of splendour, he having given them his patronage. However, on the accession to the throne of Spain of Philip V. the noblemen gave up taking part in the festivities, as these fights were distasteful to the king, although he did not prevent the holding of such gatherings, as he saw that they were in favour with the people. This favour in-

"Banderillero" waiting for the charge of the bull.



"Banderillero" throwing banderillas at very close quarters.

creased instead of diminished as time went on, until, in the reign of Ferdinand VII., which monarch created in Seville, in 1820 or thereabouts, a school of "tauromaquia," which, however, was soon afterwards suppressed.



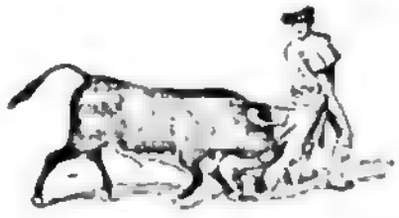
"Banderillero" throwing "firework" banderillas.

The following is a description of a bull-fight I witnessed in Madrid some years ago:—

The plaza de toros (the bull ring) in Madrid is something like a circus. I should say it could hold from ten to fifteen thousand persons. The gates opening into the plaza are for the entry and exit of the "lidiadores" (the bull-fighters), and there is also a gate from which the bulls are let into the ring. The decorations leave nothing to be desired: decoration is the Spaniard's *forte*. The music of the military bands, the excitement of the people on the way to their seats, and the general surroundings, all make a picture well worth seeing.

"Lidiador" vaulting over the bull, front ways, with the "Garrocha" (vaulting pole).

After the clearing of the ring the "Alguacil" enters, followed by the "picadores," "banderilleros," "espadas," and others who are to take part in the exhibition. The "alguacil," having approached the President of the show, and having received the key from him, with the blowing of a trumpet he releases the bull, and the show commences. The bull, on entering, appears a little dazed, and stands for a while with head down pawing the ground with his forefeet. This, however, he is not allowed to do for long. The "picadores," who are on horseback, dressed magnificently, and carrying a long spear five or six feet long, and ending in a sharp point of iron, have attracted him and drawn him out. The "lidiadores" (bull-fighters) stand on the left-hand side, awaiting the charge of the bull, and as the bull rushes on them they fix their sharp-pointed spear into his hide as he rushes by. In the event of a "picador" being unseated, or his horse wounded, bringing horse and rider to the ground, the bull is drawn away from him by a set of men called "capeadores." They do this by means of a silk cloak of very bright colour, which is waved in front of the bull. It is wonderful the agility with which they clear the bull, their various feats with this cloak being usually sufficient to draw away the bull from the wounded "lidiador" or horse.



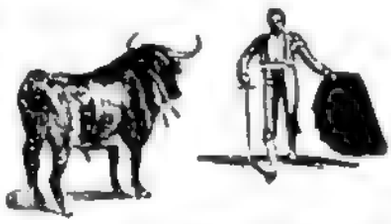
Challenging the bull from behind.

Challenging the bull on his knees.

Jumping across the horns of the bull.

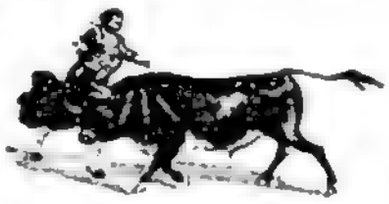
The "picadores," who generally prick the bulls about sixteen times, but do not adhere to any set rule, having finished their part of the performance, retire, but do not leave the ring.

Next, at a signal from the President, the "banderilleros" come forward. These are mere youths as a rule, but very agile. Their costume consists of a short jacket silk waistcoat, knickerbockers, all handsomely embroidered with silk stock-



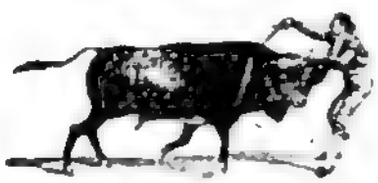
"Espada" waiting the charge of the bull.

ings and pumps. Each "banderillero" carries two "banderillas," one in each hand. The banderilla is made of wood, very light, not very thick, and about two feet long, with an iron point shaped like an arrow-head. The stick has a lot of coloured paper and ribbon round it. The "banderillero" approaches the bull from the front, and, having reached a certain point, goes forward at full speed and fixes the two banderillas in the bull's shoulder. Each banderillero does the same, six or eight of these banderillas thus being used. This generally infuriates the bull, but if it should fail in drawing him out, they employ "banderillas de fuego," so called because they contain an explosive which bursts on entering the bull's hide, but I believe this has recently been done away with. Many daring feats are done by these banderilleros, the prettiest being one in which the "banderillero" sits in a chair with a banderilla in each hand, and as the bull rushes at him he throws his darts, and with the greatest coolness rises from the chair as the bull rushes by.



"Espada" stabbing the bull.

Another feat which is gracefully done is that where, having attracted the bull, the "lidiador" vaults over him with a pole. The killing of the bull is done by the "espada," and requires the greatest skill, whilst the danger is certainly very great.



"Espada" stabbing the bull.

The "espada" is dressed like the "banderilleros," but his costume is much more richly adorned. He carries in his right hand a double-edged sword and in his left a reddish mantle of woollen material attached to a stick, with which he attracts the bull, if necessary. At a signal given by the President he advances, bows to his favourite lady, then to the audience, and awaits the attack of the bull. As the bull darts forward with head down, the espada plunges his sword into the high part of his neck, near the first rib. This is most skilfully done, but is not the most scientific manner of giving "la suerte de matar," or killing of the bull, the "descabellar" being much more scientific. This is a most difficult feat, and consists in striking with the point of the sword the spinal marrow between two vertebræ, at a point called in Spanish "la cruz" (the cross). If this is done skilfully the bull falls dead as if struck by lightning. If the bull should fall dying the "cachetero" then finishes him from behind; he does this with a kind of poniard, which he plunges between the above-mentioned vertebræ. The first bull is now done with, and the "chulos," with their mules gaily decorated, enter the ring and drag him out. The arena is then swept and prepared for the next bull. The bull-fighters are well paid, and the chief of them, the "espada," is, as a rule, a man of wealth. As an example of this there is Fuentes, who possesses an estate of hundreds of acres, with one of the finest "haciendasde campo" (country houses) in Spain. It is known as "La Coronela," and it is here that he trains his own bulls.

"Cachetero" finishing the dying bull by stabbing him from behind.

Dragging out the dead bull.

Physical Beauty in Man and Woman.

AMERICAN COMPARISONS.

THE visit of Mr. Sandow to America has probably been the means of raising the question over there as to whether, from a physical standpoint, man is not far more beautiful than woman.

A lady lecturer in Brooklyn, U.S.A., has recently taken up the cudgels on behalf of mere man, with the result that the New York *Sun* decided to put the matter before a number of American artists, and their deductions provide interesting reading, even if to the detriment of the fair sex. It is to be hoped, however, that the ladies will take the remarks of these authorities on the subject to heart, and endeavour to improve their physical condition.

Mr. A. A. Anderson, a well-known artist, said :—"The fact is there is no standard that applies equally to man and woman.

"It is generally conceded that so far as taste and temperament go a womanly man and a manly woman are alike an abortion of nature. When it comes to a question of art much the same thing is true.

"Beauty is harmony, and harmony is not necessarily dependent on a development of muscle, but rather on a perfection of health. By improving her health woman is bound to improve her own physical beauty and ensure greater beauty to her offspring.

"In my opinion hard work of any kind is detrimental to the physical beauty of woman. The children of a woman who is obliged to do or who chooses to do hard mental work, or who is constantly engaged in physical labour, seldom come into the world physically perfect."

Comparing latter-day standards of physical beauty with those given to the world by the Greeks, Mr. Anderson admitted that woman had fallen further from the ideal than had man.

"Her manner of dress," said he, "is partly responsible for this, and perhaps also the fact that she has taken to so many pursuits once practised only by man. I don't believe it was ever intended that woman should work hard."

Mr. J. Wells Champney interviewed, expressed himself as follows :—"Correct lateral and perpendicular proportions do not necessarily ensure an ideal figure. It is true that an ideal figure must represent a certain standard of measurements, but this standard of measurements alone does not represent the ideal standard of beauty, particularly where women are concerned.

"As to the relative measurements of college men and girls, I know nothing.

"I do know one thing, however, that I have never had a perfect female model. That picture," pointing to a life-size female figure, "was painted from four different women. None was wholly perfect; each was perfect in some one particular.

"Artists everywhere have the same experience. According to history, even the old Greek painters had their troubles."

Mr. Champney made reference to the story of Zeuxis, the Greek painter, who, when requested by a committee of his countrymen to paint a portrait of Helen, consented on condition that they should select a model from among the most beautiful girls of

Agrigentum. Many of the loveliest maidens of the city presented themselves at the studio of the great master, anxious for the honour of being immortalised on canvas; but no one of them all was considered perfect enough to meet the requirements of the proposed picture. Finally Zeuxis chose five of the most beautiful, and by painting from each in turn completed his picture.

"I do not find, however," continued Mr. Champney, "that the feminine model is degenerating. Of late I have had some splendid-looking women come to me to pose, and in point of size I think models are somewhat larger than they used to be.

"From time to time types change and so do ideals of beauty. Many artists regret the loss of the sloping shoulder, which at one time had a place in almost every ideal figure painting. With few exceptions the modern woman has square shoulders.

"At one time the almost attenuated figure was accorded high favour in ateliers of painters, only to be discounted in turn by the more voluptuous type.

"So far as physical development goes, man approaches more nearly to the ideal than woman. But, then, in the case of woman, physical development and beauty do not always mean the same thing. I am not at all sure, either, that any amount of muscle training would result in greater beauty for women. The blacksmith's arms are developed at the expense of his legs; the girl who plays golf inordinately is apt to get too big an upper arm.

"I thoroughly approve of physical exercise for women as well as for men, but only to the extent that it promotes health. For the sake of coming generations women should aim at perfect health, and perfect health can rarely be acquired or maintained without systematic exercise."

Another American artist, when approached on this momentous subject, replied with emphasis :—

"I think it is easy enough to see that when compared with the Venus de Medicis and the Venus de Milo woman's figure has changed immensely from the standard set up by the Greeks, and that it has not changed for the better."

When asked if it is easier to find perfect male figures, he replied :—

"Well, I must admit that out of, say, every ten or twelve it is possible to get a model who is practically perfect, from the standard of masculine beauty.

"The corset has done much to alter woman's figure, and so has tight-fitting clothing. The recent reaction against the hour-glass figure and the growing popularity of athletics for women are reassuring signs. And any one who preaches a gospel of exercise to women is doing a good work."

Another artist of experience said that, in his opinion, exercise had very little to do with making or marring a woman's figure.

"A beautiful figure is a gift that comes at birth. I do not think it can be created. A poor figure may be improved by certain exercises; it may be even developed physically to a remarkable extent, but it will not be made beautiful.

"What painters want before all else in their feminine models is beauty—not muscle. Some of the most beautiful Italian models I have ever seen, men as well as women, never do a stroke of work or lift a finger in any sort of exercise all day long. Their most engrossing occupation is basking idly in the sunshine."

"There is little to be gained by criticising man and woman from the standpoint of art, vouchsafed a painter who has studied and worked much in Europe. "There is much to be said in favour of both, and in this case, as in many others, comparisons are apt to be odious. In the main, however, my opinion coincides with that of Thomer, a noted German painter, which is in effect that the male figure is more beautiful artistically than the female."

A Holiday on the Broads.

By ONE OF THE PARTY.

WE were seven—that is to say, there were seven of us. Following our custom, we were met in solemn conclave to discuss the momentous question of our annual holiday—how, when, and where it should be spent. Several places and schemes were suggested, but most of the former had been "done" before. We had all of us been on the Broads at some time or another, but never as a party of our own—a clique, if you choose to call it so. Consequently, when Bruce, our senior and chairman, whose suggestions and advice always carried with them considerable weight, proposed the Broads, it was unanimously agreed that the idea was a good one, and so "The Broads" it was to be.

It is not suggested to make this a species of guide-book account of "What to do, and what not to do; where, and how to go, and what to see." All this can be found in the many and handsome productions issued by the Great Eastern Railway Company. I dare say some of our doings and wanderings would scarcely meet with the approval of those who wish to see as much as possible in a short space of time. But that was not our idea. We were out to enjoy ourselves, and where it pleased us to stay, we stayed. No, this is merely a brief "log" of our wanderings, with some of the many little incidents recorded which went towards making it a most enjoyable outing.

En passant, to those who have never experienced the pleasures and joys of life on the Broads, I would inform them they are many, to say nothing of the health-giving properties of a life in the open and bracing air. But before setting out on such a trip it is absolutely necessary for each member of the prospective crew to make up his mind to act always with a spirit of unselfishness, or there will be bickerings, and then the success of the trip is doomed.

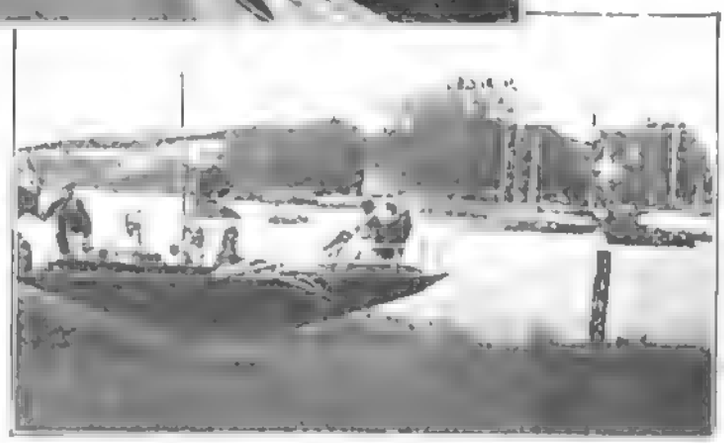
"First get your yacht." Of course, that was very necessary, but there was little difficulty in that quarter, and one fine day, early in August, found us all duly deposited on the smart 20-tonner which was to be our home for the next fortnight. It was early morning when we went aboard at Wroxham to inspect our new quarters, and having expressed satisfaction at the smartness and cleanliness of the good ship *Madge*, and made the acquaintance of our skipper and his boy Albert, we proceeded into the village to lay in supplies. This, I may mention, was a very important proceeding, and the office of caterer (which had to be taken by all in turn) for nine hungry souls was no sinecure. If anything is calculated to whet one's appetite it is the air of the Broads, and our knowledge of this guided us considerably in our purchases. This having been accomplished, we were soon under weigh, enjoying to the full the lovely scenery as our craft sped along before a good breeze, across the famous Wroxham Broad. There was not much to note during our first day in the way of incident, and when night came, after some music (there was a capital little piano in the saloon, and we could all sing more or less), we were anxious to get to bed—but not to sleep. That first night in a bunk, with the

innumerable strange sounds, kept us all awake; or at least, those who could not sleep would not let the others. As soon as daylight came that day we were out and about, and before the folk of Acle village were moving had all had our morning dip, and were looking forward with undisguised delight at the prospects of breakfast. By the way, our "boy" was a splendid cook. It was not possible, of course, to please everyone, and so we found, for at breakfast Jack did not like bloaters, and the smell of the cooking of them spoilt his appetite. So he had to be satisfied with what he could find in the larder, which did not appear quite to his liking. He soon got over his disappointment, however, and made up for it at dinner-time. We had, of course, to take our turns at washing up, and it was during that process, whilst moored at Barton Broad, that a funny—but at the same time rather awkward—incident occurred. It was Frank's turn as steward, and having finished the washing, as he thought, he proceeded to throw away the dirty water. To his dismay, he found he had forgotten that the forks and spoons were at the bottom of the pail! Fortunately the water at that spot was not very deep, so, by wading, he was able to recover all the plate. No one wanted rocking on the second night, and the skipper had some difficulty in getting us out of our bunks next morning. Harry thought he would prefer to lie a little longer, but a wet sponge judiciously applied soon altered that opinion. Having done the trip up the Ant, we visited the Thurne, and at Potter Heigham, where we dropped anchor for the night, we treated the natives to an *al fresco* concert, which went great, except that Percy's good falsetto voice was likened by one typical Norfolk veteran to fried milk! From this I suppose the old man meant to infer that his voice was cracked. We had several impromptu concerts after that—one at "Coldham Hall," the famous fisherman's hostelry, proving the most successful of the series.

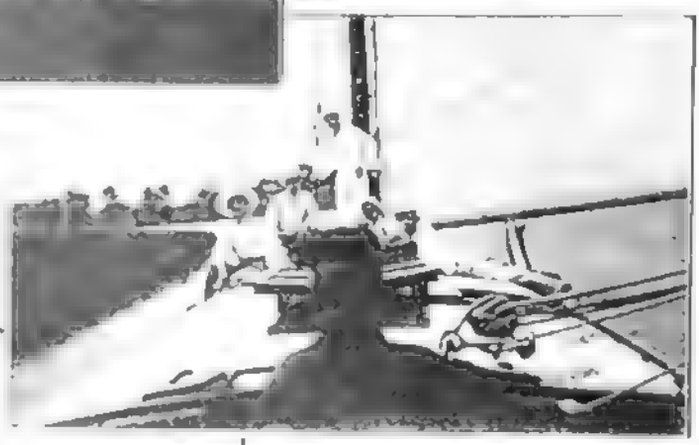
POTTER HEIGHAM BRIDGE.

A very wise course on such a trip, to avoid the likelihood of staleness through inactivity, was that adopted by Bruce and George, who thoughtfully included in their baggage their developers and grip dumbbells. These, I may tell you, were in great demand throughout the cruise, and there was always a great rush to be the first four, the developers being fixed on to a convenient tree. Nothing could be nicer than the sense of keen enjoyment which this exercise in the lovely fresh morning air, followed by a plunge into the clear water of river or broad, engendered. In addition, it braced us up for the rest of the day and kept us fit, so that we could afford to be lazy subsequently.

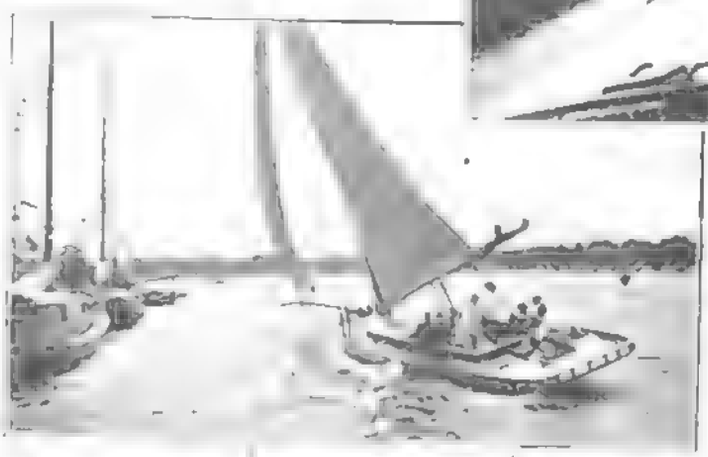
I forgot to mention that, as our trip was limited to a fortnight, we adopted the plan, after the first day, of doing the rivers during the first week and the Broads the second. First the Bure, that quaint winding river which finds its outlet at Great Yarmouth, and is a good day's run from Wroxham. It was at Yarmouth we had a wait of some hours for a fair breeze to take us across Breyden Water, that awkward stretch, with piles to guide the traveller into the only available channel. Whilst here becalmed, Percy gave the skipper notice, for not having made provision for a fair wind! Up the Yare to Norwich is another good day's sail, and



OULTON BROAD.



ON THE WAVENEY.



WROXHAM BROAD, REGATTA DAY.

COMING ASHORE—LORNING.

it was whilst negotiating the many curves near Reedham that George had the awkward experience of being knocked overboard by

AVENUE, COLDHAM HALL.

the boom, owing to the mainsail "gybing" suddenly whilst he was looking to the setting of the spinnaker. Fortunately he is a good swimmer, and was none the worse for his involuntary ducking. His clothes, hauled on a spare halyard to the peak, presented a laughable spectacle as they fluttered in the breeze, drying. Returning from Norwich to Berney Arms, we traversed the Waveney as far as Beccles, visiting Lowestoft on the return journey. And this is one great feature of the Broads; whilst you have miles and miles of waterways, and thousands of acres of broadland to traverse, you are yet always within a few hours' sail of one or other of the large towns, so that you need never suffer from *ennui*.

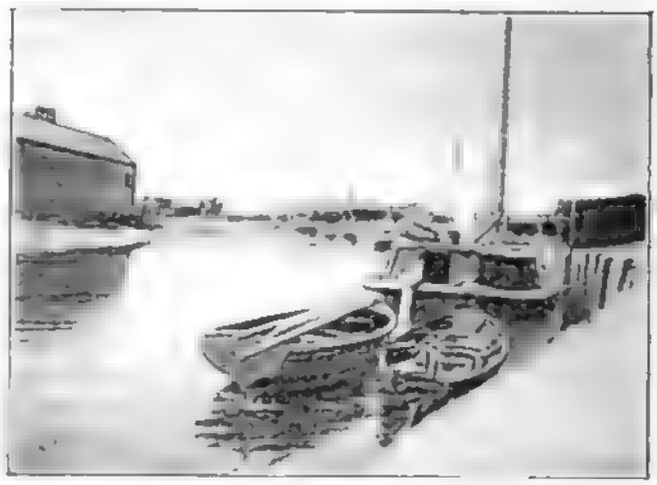
Whilst the rivers provide features of great interest, it is the Broads which are, after all, the main attraction, and our second week seemed all too short. To get at some of the Broads the way is very narrow, notably the approach to Barton and Stalham Broads, *viâ* the Ant, where a system is in vogue similar to that of navigating the Suez Canal. Here it frequently happens that owing to the many turnings the "quant" has to be used when the breeze heads you. The "quant" is a long pole, somewhat cumbersome and very heavy. Using this one day Arthur struck a mud patch, and before he could release the "quant" the yacht had slipped from under him, leaving him clinging to the top of the pole, with nothing but the prospect of a bath before him. The pole began to give way ere we could let go the jolly-boat, so Arthur had no alternative but to slide down as grace-

WROXHAM FROM THE BRIDGE.

fully as possible from his ludicrous position, and wait for us to pick him up.

Percy and I are fairly keen anglers, and frequently were up and busy with our tackle soon after daybreak. Whilst often the enquiry, "Have you caught anything?" when the others turned out, had to be answered in the negative, we did not regret it, as we were amply repaid for our energy by inhaling the fresh sweet air of the Broads in the early morning. Occasionally we had the satisfaction of being able to supplement the breakfast dishes with some fair-sized fish, generally roach and perch, which, when properly cleaned and cooked in the orthodox style of the Broads, are most appetising.

The vicinity of Acle Bridge is noted for its eels, and it was here that we secured our record fish, both for size and expense. We were all partial to eels, and, whilst moored near the bridge, the skipper suggested we should lay some night lines. For this purpose Percy utilised a fine paternoster, and upon going to take it up in the morning found something extra big at the end. He could not be sure whether it was the bottom of the river or a fish, but upon hauling in found to his surprise that he had hooked an eel, which, when weighed, turned the scale at 4 lbs. all but an ounce. Unfortunately, in its efforts to get loose, it had twisted Percy's favourite line into a perfect maze of knots, and although considerable patience was displayed in attempting to unravel it, the line had eventually to be abandoned. But we ate the eel and enjoyed it!



YARMOUTH YACHT QUAY.

Many other laughable incidents occurred to us on this trip, and some exciting ones also, such as the stoving in of the nose of the jolly-boat through coming in contact with Horning Ferry on a close tack; trying to get through Potter Heigham Bridge with the mast up; and many others, upon which much could be written; but I have already exceeded my allotted space in giving the foregoing incidents experienced during one of our cheapest and most enjoyable holidays.

M. A. HUGHES.

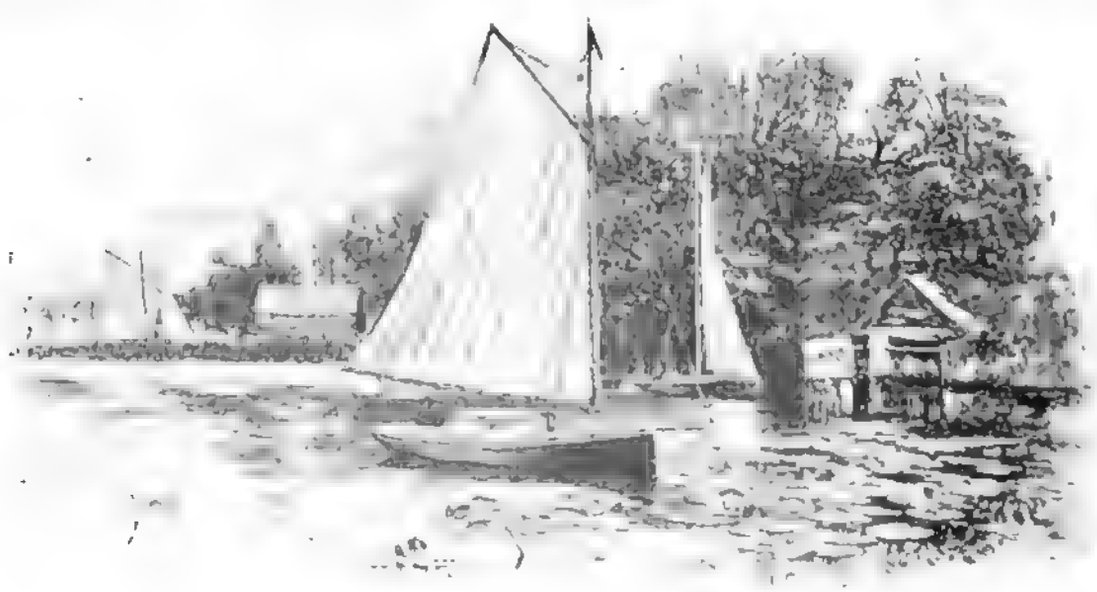
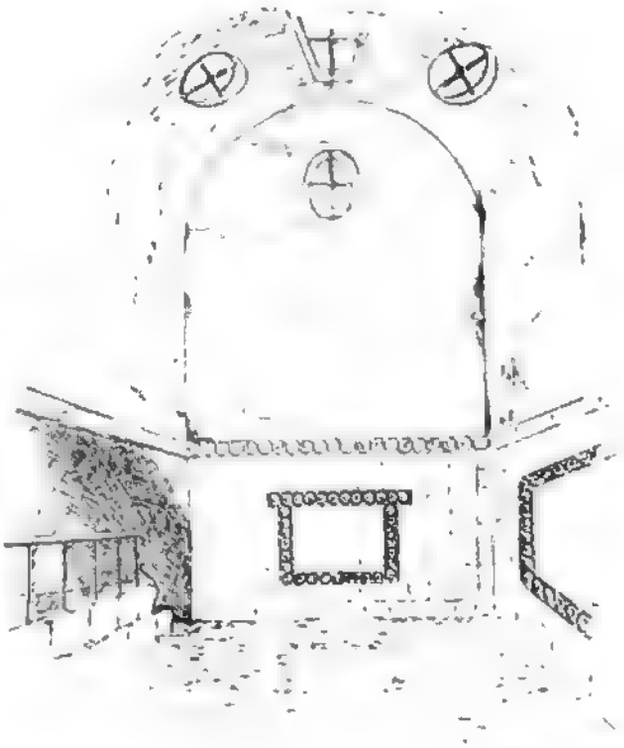


Photo., D. Bernard & Co., Melbourne.

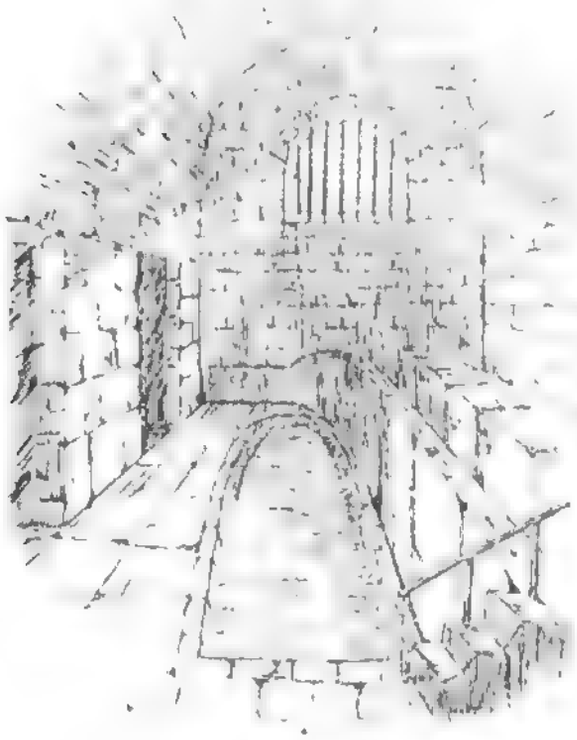
A NEW SANDOW POSE (XXII).

Baths of the Ancients.

AS everyone knows, cold water, and plenty of it, is a very essential attribute to physical culture, and it will, no doubt, be interesting to many to know that in the days long gone by, when swimming baths had not yet been thought of, London had its public baths where "dips" in beautiful clear spring water could be obtained. The accompanying sketches from old prints may prove interesting, as showing what bathers of earlier days had to be content with. The first is the more notable, inasmuch as it is associated with that part of London which has so much to do with the history of the Metropolis. Near Milford Lane and Surrey Street is a narrow way, distant only some fifty or sixty yards from the main thoroughfare, known as Strand Lane, and here, many years ago, was discovered what subsequent examination showed to be a bath, which had no doubt been erected by our Roman forefathers. The entrance to the bath was evidently unknown to the earlier historians—



QUEEN ANNE'S BATH.



ROMAN BATH.

Stow, Maitland, Pennant, and Malcolm—but there is a dim tradition that the bath had been closed for some time and subsequently brought to light again. There is a long vaulted passage, several steps below the street level, and on the left a door leading to a vaulted chamber, about twenty feet long by nine feet broad, in the floor of which is the bath, which is some thirteen feet long, six feet broad, and four feet six inches deep. The spring which supplied it is said to have been connected with the neighbouring holy well opposite, from which Holywell Street took its name.

The second is not of such ancient origin, but none the less interesting from the fact

that tradition gives it as the bath used by Queen Anne. It was situate in the rear of 3, Endell Street, in the Parish of St. Giles-in-the-Fields, so closely connected with Nell Gwynne and Jack Sheppard. The bath at one time, as depicted, had a groined dome roof, but this was removed and the bath shorn of its ancient glories. Whether a regal resort or not, the building was certainly a fine relic of earlier days; its walls were inlaid with blue and white Dutch tiles of the 16th century, the apartment being about twelve feet square, approached by a narrow stairway, and the bath is said to have been supplied direct from a perpetual spring which long since ceased to run.

UP THE RIVER.

Our Lifeboat Service.

AT this period of the year, when some of the more fortunate of us are able to get away from the close atmosphere of the inland cities and towns, and exchange it for the pure air by the sea, the thought of the dangers of those "who go down to the sea in ships" must arise. With it comes the thought of the noble work of the fine body of men who, under the auspices of the Royal National Lifeboat Institution, go through the greatest peril to save the lives of fellow-creatures. A fine tribute is paid to these hardy heroes by the poet, Robert Awde, who wrote:—

"We honour our soldiers, but what of the men
Whose deeds of cool daring in fire and in flood
Have saved precious lives, yes, again and again?
For these, can we say we have done what we could?
The brave fellows, thrilled with humanity's cry,
Have plunged in the water, or rushed through the flame;
And, quick to the rescue to save life or die,
Are heroes who never need blush at the name?"

It is in connection with the origin and work of the noble Institution mentioned above that this article deals, the following facts and figures having very kindly been supplied by the Secretary, Charles Dibdin, Esq., F.R.G.S.

The society, which has as its patron His Gracious Majesty the King, with Her Majesty and T.R.H. the Prince and Princess of Wales as vice-patrons, and H.R.H. the Prince of Wales as President, was the outcome of the efforts of Sir William Hillary.

In 1823 Sir William, who while residing in the Isle of Man had often witnessed the sad scenes attending the frequent loss of vessels and their crews, published a powerful appeal to the country on the subject, asking how long Englishmen intended such terrible loss of life from shipwreck on our coasts to continue without providing the means to prevent it. Sir William, in conjunction with Mr. Thomas Wilson, then M.P. for the City of London, called a preliminary meeting in London on the 12th February, 1824, when a resolution was passed that a National Institution should be formed, to be supported by voluntary donations and subscriptions, "for the preservation of life in cases of shipwreck on the coasts of the United Kingdom; for affording such immediate assistance to the persons rescued as their necessities may require; for conferring rewards on those who preserve their fellow-creatures from destruction; and for granting relief to the destitute families of any who may unfortunately perish in their attempts to save the lives of others." The first general meeting was held at the London Tavern on the 4th March, 1824, and was presided over by Dr. Manners Sutton, Archbishop of Canterbury. Between the 12th February and the 4th March King George IV. had consented to be the Patron of the Institution, and the Dukes of York, Clarence, Sussex, Cambridge and Prince Leopold, vice-patrons. The Earl of Liverpool was the first President. At the meeting of the 4th March, 1824, "The Royal National Institution for the Preservation of Life from Shipwreck" was launched.

In 1826 Sir William Hillary established a District Association in the Isle of Man, and the first lifeboat belonging to it, built by Mr. Plenty, of Newbury, was stationed at Douglas Bay, another at Castletown in 1827, a third at Peel in 1828, and a fourth at Ramsey in 1829

The receipts of the society for the first year (1824) amounted to £9,826 6*s.* 6*d.*, and 12 lifeboats were built for different stations, besides which there were then stationed on

the coast 39 other lifeboats provided by benevolent individuals and associations not connected with the Institution. In the early days of the Institution it assisted local bodies to place lifeboats on the coast. Some of these remained nominally in connection with the Institution, but were not superintended or controlled by it. The Institution also in its earlier days supplied different parts of the coast with the mortar apparatus of Captain Manby and the rocket apparatus. The society also provided for the wants of sailors who had been saved from shipwreck. The provision of the rocket apparatus was taken in hand by the Board of Trade in conjunction with the coastguard in 1855, and the necessities of shipwrecked sailors and others were looked after, partially, from 1839 to 1854 by the "Shipwrecked Fishermen and Mariners' Society," which was established in 1839, as well as by the Institution. In 1853, however, the former Society, which had also placed a few lifeboats on the coast, suggested that the Institution should alter its title to "The Royal National Lifeboat Institution, founded in 1824 for the Preservation of Life from Shipwreck," and that their Society should hand over its lifeboats to the Institution, while, as a set off, the Institution should leave the work of providing for the needs of shipwrecked persons, when landed, entirely to the "Shipwrecked Fishermen and Mariners' Benevolent Society." This arrangement was accordingly carried out in 1854, and has been maintained ever since.

The receipts of the Institution from all sources amounted in its second year (1825) to only £3,392 7*s.* 5*d.* For the next fifteen years the annual receipts never reached this amount.

Between 1841 and 1850 no appeal was made to the public at all on behalf of the Institution. In 1849 lifeboat work generally was in a very depressed state. Some of the local lifeboat associations had ceased to exist, and many of the lifeboats had been allowed to decay. At this time it is estimated that there were not a dozen really efficient lifeboats on the coasts of the United Kingdom. There were about 19 lifeboats more or less connected with the Institution, but the total receipts for the year 1849–50 amounted to only £354 17*s.* 6*d.*

A terrible accident to a lifeboat at South Shields on the 4th December, 1849, which resulted in the loss of 20 out of 24 of the crew, drew special attention to the work of the Institution, and efforts were made to improve its financial position. The late Prince Consort now came (in 1850) to the assistance of the Society, and with the late King of the Belgians, accepted the post of Vice-Patron, and the Institution was reorganised. Her Majesty Queen Victoria had been its Patron since her accession to the throne in 1837. In 1850 she gave £100 to the funds, and became an annual subscriber of £50, and this subscription she graciously continued until her death on the 22nd January, 1901. In 1851 Algernon, 4th Duke of Northumberland, the "good Sailor Duke," became (2nd) President, and threw his whole heart into the work of the Society. He offered a prize of a hundred guineas for the best model of a lifeboat, the models sent in to be adjudicated on by a special committee of experts, with the Surveyor of the Navy as final referee. A further sum of a hundred guineas was also offered by the Duke for building a lifeboat according to the model approved of. As many as 280 models were sent in in response to the offer made, and were deposited in rooms at Somerset House, lent by the Admiralty for the purpose. The special committee of judges worked hard for six months, and having finally decided, after seeing all the models, what the special qualities of a lifeboat, including that of self-righting, should be, they again examined the models to ascertain which model came nearest to their requirements. It was finally considered that

Mr. James Beeching, of Great Yarmouth, was the successful candidate for the Duke's prize, his model having obtained 84 marks out of a maximum of 100, and he set to work to build lifeboats after his model. In 1850 there were only 96 lifeboats on the coast altogether, including those belonging to many different societies and local boards, and not half of these were efficient. The boat Beeching first built was the first self-righting lifeboat ever constructed. She was purchased by the Ramsgate Harbour Commissioners, and saved a large number of lives. As this class of boat did not give full satisfaction to the committee they requested Mr. Peake, one of their number, to go over all the models again and to design the best boat he could, taking the best qualities from each. From the boats built by Mr. Peake and Mr. Beeching has grown the self-righting type of lifeboat now so much used on the coast. In 1852 the Institution was getting into thorough working order. Of the 91 lifeboats, however, on the coast in 1851, only 30 belonged to the Institution, and very few of these were in good repair. On the 1st March, 1852, the first number of the *Lifeboat Journal* was published, with the view of laying before the public the work done by the Institution, and the journal has been issued quarterly ever since. In 1852 Mr. Richardson invented the "tubular" lifeboat. A boat of this type is now in use at Rhyl. The first tubular lifeboat was built by a Mr. Lees, of Manchester, and was navigated from Liverpool to Ramsgate. From this time the scope of the Institution began to rapidly increase, many of the local associations and authorities transferring their stations and boats to it. In 1854 the Board of Trade, after the passing of the Merchant Shipping Act, being anxious to assist the Institution, undertook to repay from the Mercantile Marine Fund sums expended in coxswains' salaries, and rewards and payments to the lifeboat crews for service and exercise. This help was continued until 1869, when the Committee, considering that they were obtaining sufficient voluntary support from the public, declined any further assistance from funds raised by taxation. In 1857 there were 70 lifeboats under the control of the Institution, and it was in this year that the Norfolk Association, which had hitherto had the management of the lifeboats on the Norfolk coast, handed over all its lifeboats, seven in number, to the Institution.

In 1860 Queen Victoria granted a Charter of Incorporation to the Institution. During the same year the Institution, with a view to warning the seafaring population of coming storms, placed at the lifeboat stations and elsewhere on the coast, in conspicuous positions, standard barometers properly fitted up, and it was arranged that the daily indications should be registered on a chart and exhibited publicly. It was hoped by these means loss of life might be prevented.

In 1863 the Institution, having made exhaustive inquiries amongst medical men and the medical bodies and coroners throughout the United Kingdom as to the best means which could be adopted for restoring the apparently drowned, drew up full instructions on the subject. Copies of these were exhibited at all the lifeboat stations, and also distributed broadcast. These instructions are in use in His Majesty's Fleet; in the Coast-guard Service; at all the stations of the British Army at home and abroad; in the lighthouses and vessels of the Trinity House; the Metropolitan and Provincial Police Forces; the Metropolitan School Board schools, and St. John's Ambulance Association.

In 1865 the Institution, in view of the serious loss of life annually taking place on the coasts of the United Kingdom owing to the numerous accidents befalling fishing-boats, which up to that time were undecked, decided to build several safety fishing-boats, about twenty tons burden, and to send them to the coast. Those sent to Scotland gave

great satisfaction to the fishermen, and as a result of the action of the Institution the type of boat it recommended is now largely employed on the East Coast by the Scotch fishermen, and the annual loss of life has been, as a natural consequence, very considerably reduced. A similar experiment was tried on the West Coast of Ireland in 1887.

In 1863 the Lincolnshire Wreck Association was absorbed by the Institution, which took over their lifeboat stations, and each subsequent year the Institution's fleet of lifeboats grew; some years the additions made to it were numerous. Of late years the number of new stations established has not been so large, the requirements of the coast having been practically fully met by those already provided. Nearly all the stations of local lifeboat associations have now been transferred to the Institution, which also provides boats for the protection of many of our harbours, the Commissioners of which in old times were compelled to supply lifeboats under their Acts of Parliament. The most important transfer to the Institution of lifeboat stations belonging to other bodies which has taken place during recent years has been that of the stations belonging to the Mersey Dock and Harbour Board. This transfer was effected, with the sanction of the Board of Trade, in July, 1894. There were in 1901 only sixteen lifeboats on the coast of the United Kingdom which did not belong to the Institution, whilst those belonging to the Institution numbered 285. The Institution is prepared to place and maintain a lifeboat on any part of the coast of the United Kingdom where it can be shown that such a course is really desirable, and that there is a sufficient number of sailors, fishermen, or others in the locality who can be relied upon to properly man and manage the lifeboat.

In 1882 the Institution, with the view of diminishing the loss of life annually occurring amongst the coast fishermen, undertook to provide the masters and owners of fishing vessels with reliable aneroid barometers at about a third the retail price, and in 1883 the privilege was extended to the masters and owners of coasters under 100 tons burden. This action has been very highly appreciated by those it was intended to benefit, and upwards of 4,300 of these valuable instruments have been supplied. It is believed that by this means many wrecks have been averted.

In 1884 the Institution obtained the £600 prize which had been offered by the International Fisheries Exhibition (London) of 1883 for the best coast lifeboat which could be produced.

In April, 1887, the committee of management offered gold and silver medals for drawings or models of a mechanically propelled lifeboat best adapted to meet the conditions of the Service, and also for a propelling power suitable for the self-righting boats of the Institution. In response to these offers, numerous models and drawings were received from all parts of Great Britain, the Continent, and the United States. These were submitted to three judges in no way connected with the Institution—Sir Frederick Bramwell, Sir Digby Murray (Board of Trade), and Mr. John I. Thornycroft. The judges reported that not one of the proposals sent was suited to the requirements of the Institution. The result was a disappointment to the committee of management, but it was felt that they had done what they could to obtain the best means possible for carrying on their life-saving work.

In 1888 a model of a proposed mechanically-propelled lifeboat was submitted to the Institution by Messrs. R. and H. Green, of Blackwall, which, having passed through various modifications as the result of consultation with the committee of management and their professional officers, was accepted by the Institution, and in 1890 the first steam lifeboat ever built was placed on the coast. She has been stationed at Harwich, Holy

head, and New Brighton, has been out on service many times, and been instrumental n saving numerous lives and several vessels.

A second steam lifeboat was built for the Institution in 1894, and was stationed at Harwich. She also did good service in saving life and property, being replaced, however, by an improved type of steam lifeboat in 1901.

A third steam lifeboat, named the "Queen," in commemoration of the completion of the sixtieth year of Her Majesty Queen Victoria's reign, Her Majesty being the patron of the Institution, was built by the Institution for the port of Liverpool in 1897. In 1898 two additional steam lifeboats were built by the Institution, and were respectively placed at Grimsby and Padstow; the latter was, however, completely wrecked in a gale on the 11th April, 1900. The committee of management, having regard to the special requirements of that very dangerous part of the coast, decided, after very careful consideration, not to replace her, but substituted (in 1901) a powerful steam-tug built specially for the purpose to work in conjunction with a sailing lifeboat which was also supplied.

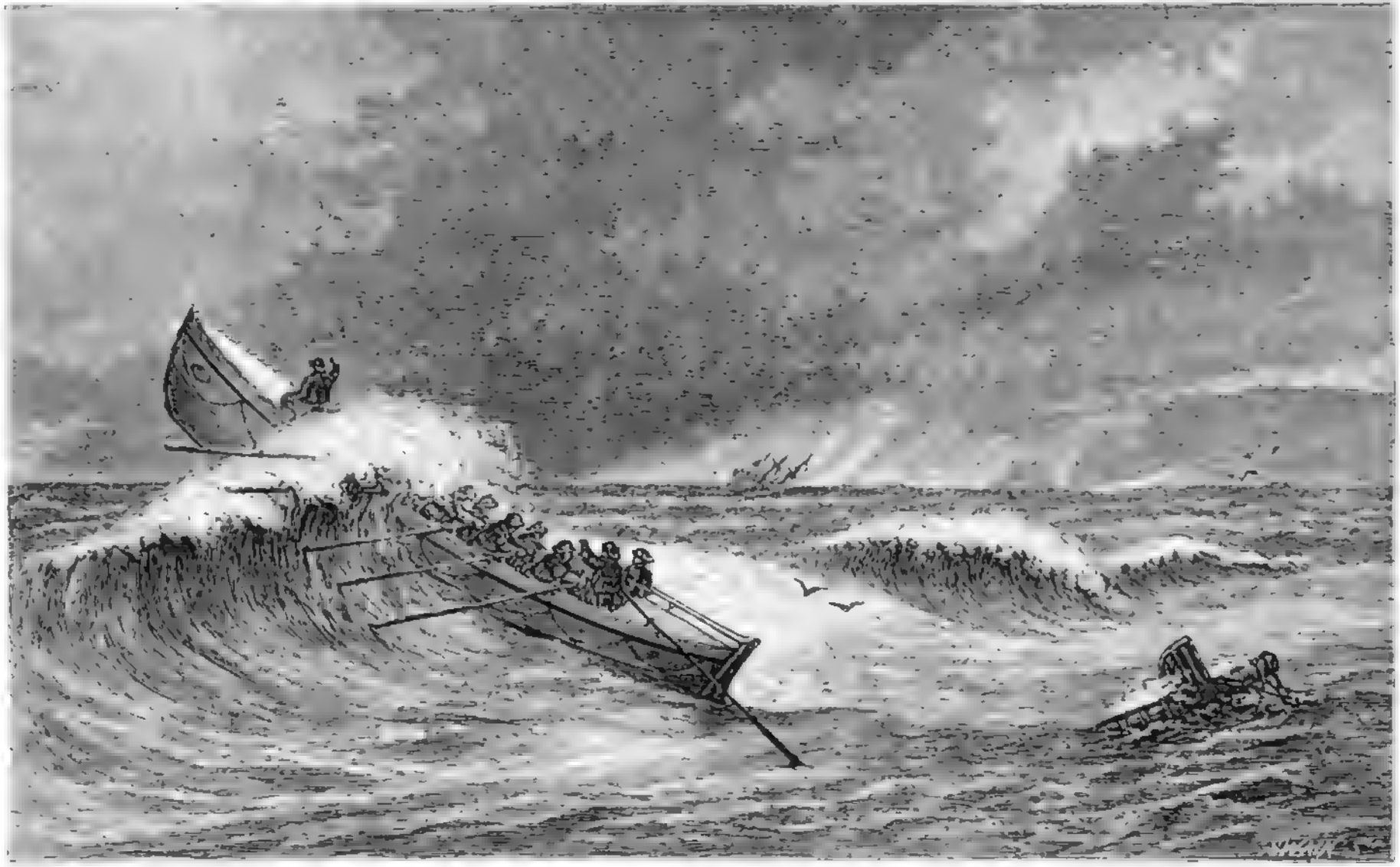
In 1889 the Institution promoted a Bill in the House of Commons to provide for the removal of wrecks in non-navigable waters which might prove dangerous to lifeboats and their crews in the performance of their life-saving duties. This Bill, under the title "Removal of Wrecks Act, 1877, Amendment Act, 1889," became law on the 31st May, 1889, and under its useful provisions numerous dangerous wrecks have been removed.

In April, 1892, the chairman of the Institution, at the request of the committee of management, gave notice in the House of Commons that he would move a resolution that it was desirable, with the view of decreasing the loss of life from shipwrecks on the coast, that the Government should provide either telephonic or telegraphic communication between all the coastguard stations and signal stations on the coast of the United Kingdom, and on such parts of the coast where there are no coastguard stations that the post offices nearest to the lifeboat stations should be connected, the object being to give the earliest possible information to the lifeboat authorities at all times, by day and night, that the lifeboats are required for service. Owing to the press of public business the matter could not be dealt with that Session, but the resolution was moved in April, 1893, and further, that a Royal Commission should be appointed to consider the desirability or otherwise of electrically connecting the rock lighthouses, lightships, etc., with the shore. The resolution, in its entirety, was agreed to without a division.

Since then much has been done to carry out the intention of the resolution, and the many electrical connections which have been established as a result have already proved most useful. It is hoped that before long this very important system may be complete, aided by the Marconi or some other system of wireless telegraphy. The Royal Commission's final report was issued in September, 1897.

In 1891 the Institution, by advertisement, invited inventors and others to enter lifeboats to compete with various types belonging to the Institution in a series of competitive trials and exhaustive tests, embracing sailing and pulling lifeboats, in order to determine definitely which type of lifeboat was individually best adapted for the different parts of the coast, the circumstances and conditions varying materially. Only one outside competitor came forward, but he withdrew before the trials took place. The trials connected with the sailing lifeboats were held at Lowestoft early in 1892, and those with the pulling lifeboats at Montrose early in 1893.

Since then the Institution has held on its way, doing its utmost to improve its life-saving appliances and to render the lifeboat service as efficient as possible.



TO THE RESCUE.

In March, 1897, the committee of management, in view of the serious charges which had for several years past been levelled by irresponsible persons against the Institution in all its departments of work, decided to appeal to the House of Commons to appoint a Select Committee to inquire into the Institution's administration and into the adequacy of its organisation for saving life on the coast. After sitting for four months and inquiring most fully into every detail connected with the Service, the Select Committee reported that the Institution was entirely clear of the charges made against it and that the thanks of the whole community were due to the committee for their energy and good management often in very difficult circumstances, and this view was fully concurred in by the public Press throughout the country.

On the 1st January, 1898, a pension and gratuity scheme was introduced by the committee of management under which lifeboat coxswains, bowmen, and signalmen, of long and meritorious service, retiring on account of old age, accident, ill-health, or abolition of office, receive special allowances as a reward for their good services. The adoption of this course gave the greatest satisfaction to the lifeboat men all round the coast; and whilst these payments act as an incentive and inducement to the men to do their utmost to discharge their duties satisfactorily and well, they at the same time assist the committee of management in their effort to obtain the best men for the work. For very many years the Institution has given, and still gives, compensation to any who may have received injury whilst employed in the Service, besides granting liberal help to the widows and dependent relatives of any in the Service who lose their own lives when gallantly endeavouring to rescue others.

In January, 1899, Algernon George Percy, sixth Duke of Northumberland, who had been the (3rd) President of the Institution since 1865, died, and the then Prince of Wales, who had been Vice-Patron since February, 1863, and had always taken a keen interest in the Lifeboat Service, most kindly consented to fill the vacant post. Prior to this His Royal Highness had presided no less than three times over annual meetings of the Institution, namely, in 1863, 1884, and 1893. On the greatly deplored death of Queen Victoria (1901), King Edward VII., on ascending the throne, graciously became the Patron of the Institution, being succeeded in the office of President, which he had held for two years as Prince of Wales, by H.R.H. the Duke of Cornwall and York, K.G.

The Institution has now 288 lifeboats on the coast, which, with their crews, are maintained entirely by voluntary contributions. Last year rewards were granted for the saving of 455 lives, viz., 364 by the lifeboats and 91 by fishing and other boats. The total number of lives saved, for which rewards have been granted, from the establishment of the Institution in 1824 to December 31st, 1902, was 43,652; whilst in the five months up to the beginning of June of this year upwards of 370 lives have been saved. Among the many gallant rescues last year one stands out very prominently: It was on Sunday morning, the 1st June, 1902, while a north-easterly gale was raging, accompanied by a heavy sea, that the coastguard look-out man at Berwick observed a barque, about six miles off, flying signals of distress. On this being reported to the honorary secretary, he at once went to the boathouse, assembled the crew, and at 9.30 a.m. launched the *John and Janet* lifeboat, belonging to the Royal National Lifeboat Institution. A steam-tug, which was also proceeding to the assistance of the vessel, took the lifeboat in tow. On reaching her, she was found to be the barque *Demetra*, of Christiania, in tow of a steamer, bound from Middlesbrough to Shetland with a cargo of salt. The assistance of the lifeboat and tug was declined, so after remaining a short time they started to return to

Berwick-on-Tweed. They had not proceeded far, however, before they were recalled by the barque hoisting further signals of distress. On their return they found the crew were quite exhausted, and wanted assistance to man the pumps. Every man in the lifeboat volunteered, although it meant running great risk to board the vessel in such a sea. Indeed, the boat only escaped being capsized by a hair's-breadth, a near approach to the vessel being attended by the greatest danger. Soon after 11 a.m., by skilful management, three men were successfully put on board. In doing so the lifeboat was somewhat damaged. The men found nine feet of water in the hold, and for some hours worked incessantly at the pumps, single-handed, the crew of the *Demetra* being compelled to rest. About 4 p.m. the rope between the vessel and the lifeboat parted, and it was only after hard work that communication was once more restored. This had only just been effected when the masts commenced to go by the board, and the crew reported that the ship was sinking. The wreckage of the spars flying in all directions made the deck unsafe, so the crew decided to abandon their vessel, and asked to be taken into the lifeboat. It being unsafe for the lifeboat to go alongside the vessel, on account of the heavy sea running, communication was obtained by means of a line rove through a "tail" block, and the work of rescue commenced. The lifeboat-men on the sinking vessel displayed great coolness and skill during this difficult and dangerous operation, and it was chiefly due to their efforts that it was accomplished without fatality. Having seen all the crew off, they were the last to leave the ship.

By this time Berwick was so far away that it was out of the question to return there, and in view of the hard work and exposure experienced, the coxswain deemed it desirable to make the shore as soon as possible. After pulling a distance of eight miles, with the rescued men on board, the boat arrived in safety at Eyemouth about 8.30 p.m., and the lifeboat, having been made secure, was left there for the night.

It being Sunday, most of the crew had run down to the boat dressed in their best clothes, some even going without any breakfast. By the time they were landed again in the evening they were all, owing to the roughness of the sea, both wet through and exhausted. The honorary secretary took immediate steps to procure food for them, after which they were driven back to Berwick-on-Tweed, reaching home about midnight. Next day they went over to Eyemouth, and brought the *John and Janet* back to her station.

Last year was unusually free from violent gales. The services of the lifeboats and their gallant crews were, however, in constant requisition during some portions of the year, and much excellent life-saving work was effected. The heaviest gale of the year occurred on the 15th to 17th October, during which 16 of the Institution's lifeboats were launched, and were the means of saving 65 lives.

Between the 1st January and the 31st December, 1902, inclusive, the lifeboats were launched 295 times on service, and 1,084 times for exercise, in addition to which crews were assembled in readiness for service 42 times, but their assistance was not in the end required.

The rewards granted by the Institution in 1902 for the saving of life from shipwreck on the coasts of the United Kingdom, or for prompt and meritorious efforts to do so, and in recognition of other good services rendered, included 3 silver medals, 9 decorations, 18 binocular glasses, 8 aneroid barometers, 20 votes of thanks inscribed on vellum and framed, 11 certificates of service framed, and £7,847 1*s.* 10*d.*, including pensions and grants to the families of men who had died as the result of their lifeboat

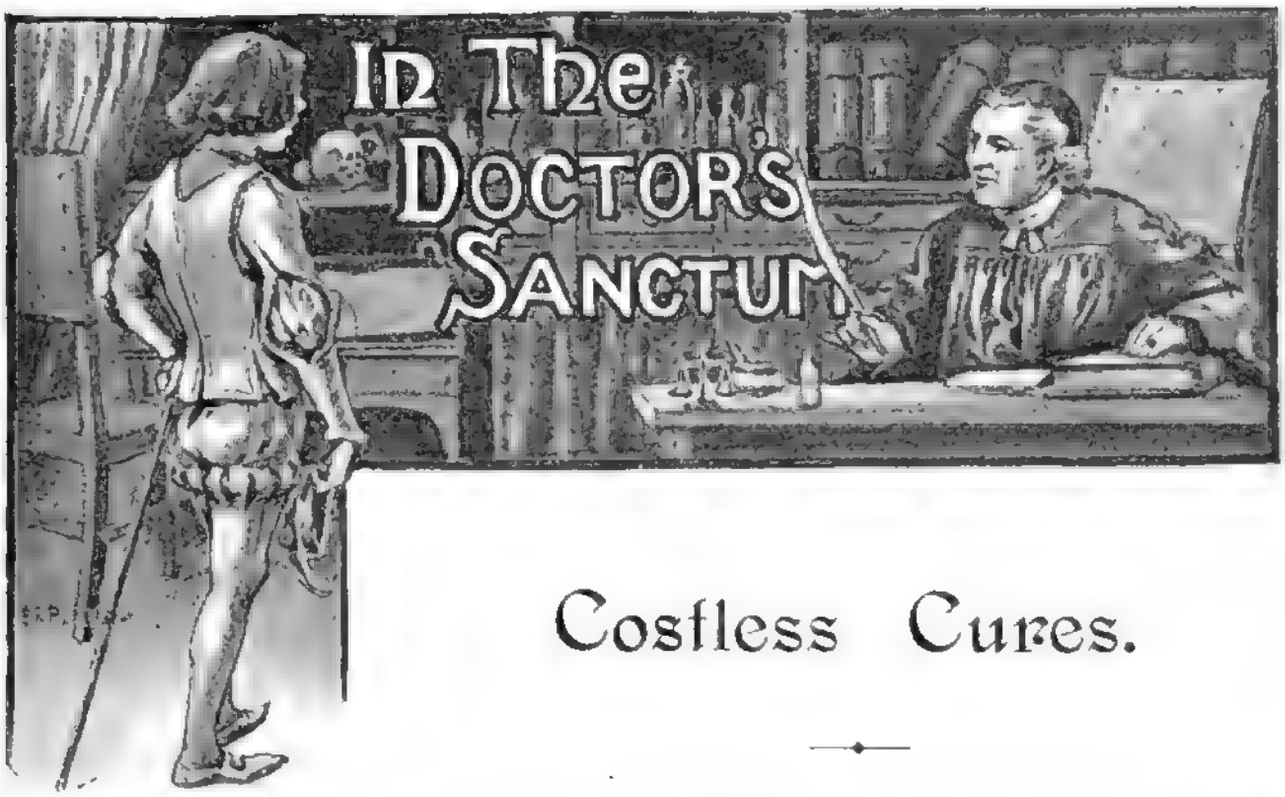
services, compensation for personal injuries sustained in the Service, and retiring allowances.

At the end of the year the Institution had granted altogether in rewards since 1824, 99 gold medals and clasps, 1,202 silver medals and clasps, 66 decorations, 355 binocular glasses, 15 telescopes, 49 aneroid barometers, 1,726 votes of thanks inscribed on vellum and framed, 151 certificates of service framed, and £231,107 in money.

Having regard, therefore, to the very successful work done by the Institution during the last seventy-nine years, resulting in the saving of so many thousands of lives from shipwrecks, and the absolute necessity which still exists for maintaining a thoroughly efficient fleet of lifeboats round the dangerous shores of the United Kingdom, it is to be hoped that this grand Society will receive its full measure of support, and so be enabled to carry on its noble work.

SANDOW CHALLENGE BOWL COMPETITION,
JUNE 27TH, 1903.
CYGNET R.C.

H. Popple (No. 2).
E. Wilson (Stroke).
T. H. Staples (Bow).
J. E. Carter (No. 3).
L. W. Bell (Cox).



Costless Cures.

IT being the holiday season, I propose this month giving some advice as to how to spend your holidays, and how to derive full benefit from them.

Probably several of the things that I advise are already known to you, and you may think them "hints for old women," but it is really carelessness in these simple little matters that often spoils the holiday of a whole family. I will give you, for example, the case of a family I attend, consisting of father, mother, and two daughters, who went to a South Coast place the year before last. These good people had engaged rooms two or three days beforehand. They arrived late on the Saturday night, and, being very tired, retired soon after arrival. Towards the evening of Sunday both parents felt quite stiff and cold, although the weather was quite warm, that night they were both very restless, in truth, they hardly slept, and although in the morning the wife felt a little better, it was some days before she quite recovered. The husband was so ill that he could not leave his bed, and there he stayed during the greater part of his three weeks' holiday with an attack of rheumatic fever, the result, without doubt, of *damp sheets*. Therefore, see that your sheets are well aired, even if people think you an "old woman," for what is their opinion compared to your health?

And a point of the greatest importance is the sanitary condition of the house you are going to. Unfortunately bad sanitation has been the cause of many a holiday being spoilt, principally because of the children, who in some cases have hardly been in the apartments forty-eight hours before they have contracted a sore throat, or something more serious, and that has put an end to the holiday of perhaps a whole family. I would therefore advise that, when possible, one of the parents should go down for a preliminary inspection of the apartments. If you should be unable to do this, I would advise you to make sure, on arrival, that the drains, etc., are all right, and if you detect any unpleasant smells, and are not satisfied with the sanitary conditions of the place, do not hesitate in going elsewhere. I know that this is a difficult thing for a family man to do, and that one has the risk of a summons and a

fuss with the landlady, but better all this than having your wife, children, and yourself probably down with diphtheria or typhoid fever during your holidays, with perhaps serious results.

As to how best to spend your time it is very difficult to say, but I would remind you of one thing, and that is that you have gone to the seaside to regain what you have lost during the year of hard work, and to prepare for the following year. Therefore you want to give your tissues every chance possible by resting brain and body, taking plenty of fresh air, and exercise. Live in the fresh air, and never allow yourself to be fatigued. Use your developer or grip dumb-bells. Go to bed early, say, ten o'clock, and rise about 6.30. Go in for sea-bathing, but do not on any account overdo it, that is, do not stay too long in the water, and if you feel at all fatigued, discontinue swimming and get out. Do not be very particular as to drying yourself thoroughly, dress yourself at once, and don't hang about undressed. Take plenty of exercise, keeping your head well up and your chest well thrown out. Do not let even bad weather keep you indoors.

If you suffer from insomnia, indigestion, neuralgia, general debility, or any pulmonary complaint, I cannot recommend anything better than the following of these simple directions.

To those who are run-down and are anxious to take something to "pick them up," I would recommend a teaspoonful of Easton's Syrup in a wineglass of water, to be taken twice a day before meals. If the change of air gives you a sore throat, as often happens, gargle your throat with a little permanganate of potassium and glycerine, making it a little lighter than the colour of port wine.

As many people suffer from constipation as soon as they go the seaside, I would advise them to take a teaspoonful of confection of senna at bed time, and that will regulate them.

Finally, don't allow anything to worry you. Forget for the time being that you have ever been to business, or that you have to go back, looking on yourself as an independent gentleman, taking things easy.

Our Ladies' Pages.

I HEAR that fencing is becoming very popular amongst society women. Coupled with proper systematic physical exercise it is undoubtedly a great aid to health and gracefulness. A foil club for ladies has for some time been in existence in the West End, which many of our leading actresses visit. To them the benefits of exercise, apart from any use they may have to make of their fencing skill on the stage, is invaluable. The committee of the club includes Mrs. George Edwardes, Mrs. A. W. Pinero, Miss Marie Tempest, Miss Eilaline Terriss, and Miss Violet Vanbrugh. It was at the home of this club that the three daughters of the King and Queen learned the art of fencing. Princess Charles of Denmark was perhaps more skilful than her two royal sisters, although the Duchess of Fife is quite an adept with the foils.

* * *

Madame Adelina Patti says, "Happiness is the true keynote of beauty." As is well known, Madame Patti is one of the most famous possessors of an apparently perennial charm. She is a composite of mental and physical achievement, which every woman with wealth, leisure, and inclination may emulate.

The Patti beauty of body means beauty of mind. Thought must have something to feed on. She therefore surrounds herself with beautiful things. Cares are the forerunners of wrinkles, indigestion, and a bad complexion. Therefore she banishes care so far as may be.

Her life is conducted absolutely by rule. Her pleasures are temperate, her fatigue healthful. Exercise, fresh air, and good food, are her three staples. Exercise, she holds, is a necessity to keep the blood coursing quickly through the veins. She walks every day at eleven o'clock. If it happens to be raining she is happy. A downpour is her balm for the complexion. In mackintosh and rubber boots she tramps along, lifting her face to the sky.

"I am afraid of draughts, but never of rain," she says.

Her rising hour is half-past eight, her breakfast a light one of thin bread and butter and fruit. After the walk comes luncheon at one.

She eschews tea, coffee, and chocolate. She drives at two o'clock. Her rest hour comes just before dinner. Her evening is devoted to private theatricals or pleasure with her guests. She delights to dance to the music of her orchestrion; games she enjoys like a child, but cards are barred from her home. They suggest to her the feverish life she would avoid.

Her recipe for the skin is simply to keep the pores perfectly clean. She uses a castile soap and a little cold cream prepared by her maid, so that she feels assured of its pure ingredients. No liquid "make up" is put on her face.

In food the singer avoids sweets. She said once warningly to a devotee of chocolate cake: "It will make you old and wrinkled before your time."

She retires promptly at midnight, and her guests do likewise.

* * *

Gymnastic work is better than corsets to make waists slender, according to Dr. Alice Sugden, director of the girls' gymnasium at the University of Michigan.

During their first year at the university girls are compelled to do gymnastic work. Measurements are taken on entrance and at the end of the college year. Six charts taken at random show a decrease in the measurements of the waist and hips, with a considerincrease in the shoulders, lung capacity, and strength.

One girl's waist decreased an inch, while her shoulders broadened half an inch.

* * *

A woman who wears shoes too small for her cannot long remain in good health, for she learns to dread exercise because of the pain and difficulty involved. A shoe that is either too short or too narrow is such an instrument of torture that one would think no really sensible woman would ever have recourse to it, but every shoemaker knows that not a few fashionable women habitually undergo this self-imposed penance, and, though they are invariably wrinkled and aged before their time, and a pained, anxious, and even disagreeable expression becomes permanently fixed on their once pleasant features, they still persist in thinking the game worth the candle, and that the possession of "a pretty little foot" atones for all the pain, discomfort, and misery which is their constant portion.

* * *

I would draw the attention of my lady readers to a letter and photograph which appear under "Notes of the Month." They will find it appeals to them considerably.

* * *

I am indebted to a lady reader for the following very interesting letter anent my recent attempt to start a Ladies' "Empire and Muscle Competition." My correspondent says:—

Dear Sir,—You "regret considerably" that the ladies failed to respond to your invitation by sending photos for competition. I beg to state the reason, and I think the majority of my sex will agree with me. Our non-compliance was not due to lack of enthusiasm. Far from that. Neither was it because we do not admire the human form divine, when it is divine (though there are still many who consider the modern artificially produced egg-boiler pattern of figure beautiful, smart, etc.! The reason is, because we have been reading the Magazine, and looking at the diagrams, and we find how far we fall short of the true ideal of healthy beauty, though we may pass muster in fashionable attire. Physical culture for women is comparatively a new idea, and the proverbial "Mrs. Grundy" is not yet educated up to it. Perhaps a few years later we may see promise of possibilities for the succeeding generation.

I am, Sir, etc.,

A. M. KING.

West Hartlepool.

Sandow Presentation Sports Cups.

THE ROWING COMPETITION.

UNDER most favourable conditions the second annual contest for the handsome challenge bowl and medals presented by Mr. Sandow, to be competed for under the auspices of the National Amateur Rowing Association, was decided on Saturday, June 27 last, too late, of course, for us to inform our readers of the result in the July number. Again we have to record a most successful competition, the racing throughout being of a good class and interest amongst the large company all along the towing path from Putney to Hammersmith was well maintained. The headquarters of the Putney R.C. were well patronised, and a large gathering assembled on board the *Lottie* which carried the starters and judges, Messrs. J. H. Clasper and the Rev. P. S. G. Propert, M.A. The duties of distance judge were shared by Messrs. H. Goodall, G. I. Leates, and W. Underwood, whilst a strong committee attended to the dispatching of the various crews.

It should be mentioned that the conditions of the cup stipulate that the race shall be for four-oared crews in which there must be each year one junior, thereby encouraging the beginner and avoiding the probability of the same crew winning time after time. Whilst it was gratifying to find the wish we expressed last year that more Thames clubs would be found competing, an accomplished fact, it was a matter for disappointment that the members of the Lea branch of the Association did not come forward in such strong numbers.

Eight clubs sent entries this year, as against nine last year, but only four of last year's clubs are represented this time, the Trent R.C., from Burton, Spartan R.C., Britannia R.C., Finsbury R.C., and Adelaide R.C. dropping out, while the Borough Polytechnic R.C., Iris R.C., Mildmay R.C., and Oxford R.C. were new comers. The holders of the trophy, the University R.C., defended their title, but, with an entirely different crew; Putney rowed three of last year's men, Cygnets two, and Southgate Road one. The first heat was a good win for the Iris R.C., in spite of bad steering. It was a pity that Mildmay's coxswain was late in arriving, and so prevented his crew from taking part in the second heat, the boats having just got away when they reached the starting-post.

The struggle in the final proved a most exciting one. Some bad steering by the Iris coxswain lost them a lot of ground. Their stroke, however, made a plucky effort but it was of no avail, and just before the finish he collapsed.

HEAT 1.

(Course, Putney Bridge to Hammersmith Bridge.)

Second Middlesex Station—Iris R.C.: G. Rogers (bow), W. Hole, W. Perry, E. Rogers (stroke), J. Pitts (cox) 1

Middlesex Station—University R.C. (the holders): J. Linton (bow), G. Day, C. Paine, A. Blake (stroke), G. Gibbons (cox) 2

Surrey Station—Putney R.C.: F. Pepper (bow), R. Baker, F. Bullard, F. Soper (stroke), W. Hearn (cox) 3

Second Surrey Station—Borough Polytechnic R.C.: J. Ridd (bow), W. J. Prouting, W. E. Cullen, J. W. Sigston (stroke), J. Thompson (cox) ... 4

The holders of the trophy (University) got off very slowly, and Iris, immediately going over to the Middlesex shore, were leading at Ayling's by a length and a-half, with the other crews level. At Ashlone Road, Iris had increased their lead to four lengths from University, who were a length in front of the others, both hugging the Middlesex shore. Nearing Harrod's, Putney R.C. drew out into third position but failed to catch University, who were beaten by four lengths. Two lengths separated University and Putney with Borough Polytechnic three lengths further in the rear.

HEAT 2.

Second Surrey Station—Cygnet R.C.: T. H. Staples (bow), H. Popple, J. E. Carter, E. Wilson (stroke), L. W. Bell (cox) 1
Middlesex Station—Southgate Road R.C.: H. Askey (bow), W. Gregory, E. Pealling, D. Howard (stroke), W. Kitchen (cox) 2
Second Middlesex Station—Oxford House R.C.: H. Power (bow), G. Roberts, A. Bye, A. Stratford (stroke), W. Iston (cox) 0
Surrey Station—Mildmay R.C.: B. Nightingale (bow), W. Hart, W. Davis, A. Nightingale (stroke), A. E. Norton (cox)..... Did not start.

Owing to the late arrival of the Mildmay coxswain, they were unable to reach the starting point in time. Cygnet went away with the lead, and at Ayling's were three quarters of a length ahead of Oxford House. The leaders were never in danger of being caught, and in the end won easily by four lengths. Oxford House gave up opposite the Saccharine Works, and let Southgate Road, who had been hopelessly in the rear all through, get second place.

FINAL HEAT.

(Course: Hammersmith Bridge to Putney Bridge.)
Surrey Station—Cygnet R.C..... 1
Middlesex Station—Iris R.C..... 2

Cygnets were quickest away, and Iris, going over to the Surrey shore, narrowly escaped a foul several times. At Harrod's, the Cygnets were leading by half a length, but the Iris began to creep up, and at Rose Bank were only a few feet behind, whilst at Walden's they were level. The pace began to tell upon the Iris crew, and they began to drop back steadily until, opposite Ayling's, they were a length and a quarter in the rear, when stroke collapsed, and the Cygnets finished alone.

After the racing the trophy was given to the winners by the Rev. Mr. Propert at the Putney R.C. boathouse, the proceedings finishing with the usual vote of thanks to the officials and cheers for the victors and donor of cup and medals.

SANDOW CHALLENGE BOWL, 1903.

A WELL-KNOWN Thames waterside club, the Cygnet R.C., is well worthy of the Sandow Presentation Sports Cup for 1903, and other trophies it has won. Founded in 1890, it joined the N.A.R.A. in 1891, seceding, however, in 1895. After the reconstruction of the Thames Branch it again affiliated, and in numerous events has compelled the kindly attention of the fickle goddess. Principally composed of members of the London Postal Service, it has, by reason of the various duties entailed therein, to contend with the serious disadvantage, in open competitions, of rarely or never placing the same crew forward on two separate occasions. This, however, although a serious disability to mere "pot-hunters," is an advantage to the sport as a whole, involving as it does the preparation of almost every member of the club at some time or other for representative work, and we are sure this fact will be recognised—although they would scarcely be human if we could say, be always appreciated—by the Cygnets. As promoters of the Ayling Cup Race for the Postal Service Championship, their efforts for service sport deserve recognition, and under the Presidency of the Varsity and Leander oarsman, Mr. R. B. Etherington-Smith, we prophesy even better things of them in future, although in the interests of good sportsmanship we cannot wish better than their continuance in the course they have already marked out and made their own. With the tuition and preparation of their crews entirely in the hands of the senior members, a race such as that of the 27th June speaks volumes for the self-sacrifice of these gentlemen. (In this instance Mr. R. Prior alone.) To row to a complete standstill two crews such as sent forward by the Iris and Oxford House R.C's. is a feat not lightly prepared for or performed.

A portrait of the winning crew will be found on page 104.

The National Physique.

ACTION BY THE HOUSE OF LORDS.

EVERY day comes further proof of the necessity for immediate action in dealing with the question of the deterioration of the national physique, and in confirmation of this are the startling utterances from the Members of the House of Lords, who, in a debate on July 6th last, showed what pressing need there is for some great improvement in this respect. Mr. Sandow has long advocated a system of physical education, and the speeches from such great men and high authorities as the Earl of Meath, the Bishop of Ripon, the Duke of Devonshire, the Earl of Mansfield, the Earl of Leven and Melville, and Lord Balfour, reproduced below, only tend to strengthen his argument, and should open the eyes of those who still refuse to see that there is any necessity for action by the State to alter this alarming condition of things physically. The whole subject has been so fully dealt with in these columns recently, that further preamble is unnecessary, but we would ask our readers to follow very carefully the remarks set out below.

The Earl of Meath, in drawing the attention of His Majesty's Government to the report of the Royal Commission on Physical Training in Scotland, and to the report of the Inspector-General of Recruiting for 1902, in which it is stated that "the one subject which causes anxiety in the future as regards recruiting is the gradual deterioration of the physique of the working classes from which the bulk of the recruits must always be drawn," asked whether they would issue a Royal Commission or form a committee of inquiry to ascertain the conditions to which the poorer populations in our large towns are exposed, which, if continued, must inevitably contribute to a low national standard of physical health and strength. Speaking on the report of the Royal Commission on Physical Training in Scotland, the noble Earl stated that there existed in Scotland "an undeniable degeneration" in certain classes, and there was every reason to believe that that degeneration was not confined to Scotland. The question became one of the most important of our social problems. He quoted statistics to show the difference in physical attributes between the children of the rich and the children of the poor, the rich being taller and heavier, as the result of better feeding and more care. Personally he would never rest satisfied until he could be shown that it was impossible in this matter to draw any distinction between the rich and the poor. Much remained to be done before we could hope to obtain in this country even a moderate standard of physical development amongst the population in the poorer districts. It had been stated on high authority that there was not to be found a fourth generation of pure Londoners. In other words, unless Londoners were recruited from the country, the population must inevitably die out. Even in the country things were not all that could be desired in this respect. If a better standard was to be reached, not one or two departments, but all departments of the Government and the people must put their shoulders to the wheel, and insist on having the conditions of life changed. He hoped the Government would see their way to grant the inquiry he asked for.

The Bishop of Ripon followed, and said he thought every man who desired to see a great and efficient race resident in these islands would agree that it could not be unwise to investigate the conditions of life in order to see how far they contributed to the development of a fine physical race. Were we sending out to the Colonies in sufficient quantity and quality a race calculated to hold this great Empire together and to fulfil what we all believed to be the duties and destinies of our people? Experts who had gone carefully into the matter had shown that the birth-rate was decreasing in an alarming degree, and he found that shrinkage at home was no longer compensated by an expansion in our Colonies. Of what use was it to have an Empire unless we had an Imperial race? The number of children who died within a year of birth was greater than it was once. So was the number born with congenital defects, and cases of premature birth had trebled in the last 30 or 40 years. Although 49,000 out of 76,000 recruits in 1891 were drawn from classes apparently belonging to the rural districts, as many as 15,000 were rejected. This did not inspire satisfaction with the physical condition of the country districts. He pleaded for inquiry into a subject so important to the commonwealth. Acts of Parliament would not in themselves deal with it adequately, but they might do something by way of legislation to enlighten public opinion and rouse an interest in these questions. They ought to have medical inspection of schools, and the opportunities of acquiring more readily open spaces in the towns. The serious consideration was that three-quarters of our population were now living in the towns. Thirty years ago the rural population and the town population were equal. Now 77 per cent. of the population was found in the towns. The country districts were the reservoir of our strength, and the testimony of Dr. Cantlie and Professor Marshall showed that the towns burned up what was more advantageous than physical strength, the energy which was necessary for success. He asked the Government to give the subject their best attention, and by some inquiry to rouse public attention to these matters. Did we love pleasure more and responsibility less? Had we formed different ideas of family life? Was the child who was once a welcome addition to the home circle now regarded as a burden? If that were the case he would despair of the commonwealth, until it were recognised that if they would make the country great and secure they would have to bring back a nobler view of life in which the home was the unit of the nation, and the sanctity, splendour, happiness, and vigour of the home were the objects of their most careful thought and their first attention.

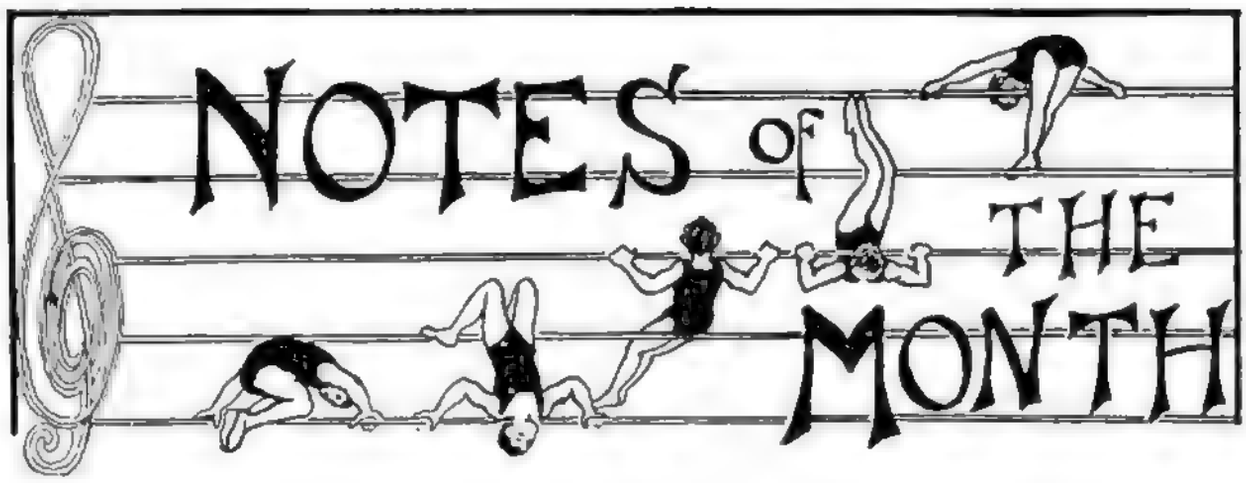
The Duke of Devonshire, in the course of a long and interesting speech, said that the questions raised by the Royal Commission on physical training in Scotland had been brought to the attention of the Secretary of State for War, and he had been in communication with the Home Office and the Local Government Board. These Departments are all agreed that further and early action of a concerted character is most necessary, and it was extremely likely that inquiry by Royal Commission would be found to be the most desirable form of investigation. But they were not disposed to think that the immediate appointment of that Royal Commission would be advisable. They were not yet in possession of all the necessary facts. The Reports of the Registrar-General, issued after every census, are in course of preparation, and have not yet been completed. Further, there would be no advantage in appointing a Royal Commission until the scope of its inquiry and the terms of reference had been carefully considered. The Secretary of State for War and the Home Secretary proposed to confer in the first instance with the medical profession, through the councils of the Colleges of

Physicians and Surgeons; and to consult with them as to the best means of obtaining information, not so much as to the extent, but—what is much more important—as to the causes of this undoubted physical deficiency existing in some part of the population; and as to the best means of remedying those deficiencies. They proposed to consult these bodies as to whether, in the first place, the appointment of a Royal Commission would be desirable; and, if so, what should be the reference to it; and what should be its composition. When these preliminary inquiries had been completed, his Grace thought that no time should be lost in taking further steps.

The Earl of Mansfield, who was Chairman of the recent Scottish Commission, expressed disappointment that the noble duke had not made more allusion to Scotland; and he was inclined to regret that the scope of the Royal Commission's inquiry had not been extended beyond Scotland. He was disappointed at finding that something more was not going to be done immediately to inquire into this subject in other parts of the kingdom. The medical evidence which the Commissioners obtained in Scotland as to the children in Edinburgh and Aberdeen was the best that could be procured, and it was sufficiently alarming.

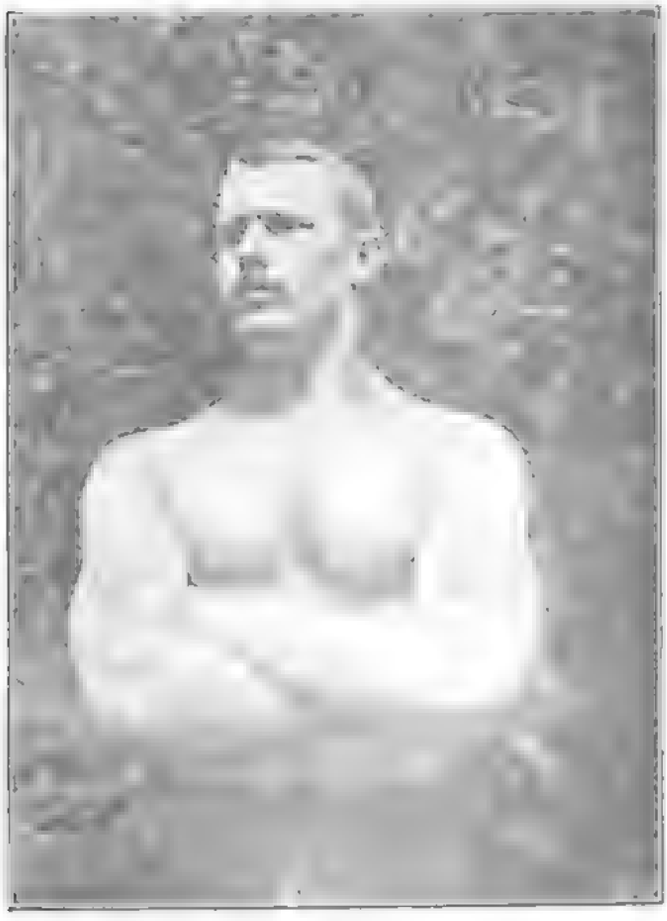
The Earl of Leven and Melville pointed out that for many years there had been a marked and very rapid deterioration in the fine race reared in the north of Scotland. He quoted a letter from a doctor in the north-east of Scotland, who, commenting on the physical condition of the population in that district, said that the children's first teeth were in many cases decayed as they appeared in the mouth, and that the second teeth decayed almost as soon as they began to grow. Very few of the girls were without false teeth before they were twenty years of age, while a large proportion suffered from anæmia. The cause of this was attributed principally to the working classes living on boiled tea, wheaten bread, jams and tinned food. There were few houses now in which porridge was made, or where milk was given to the children. Again, it was said that the children had too many home lessons, that they stayed up too late at night, the result being a general deterioration of physique, and an injury to the whole system.

Lord Balfour said the Commission dealt with the question of physical training rather than with the alleged deterioration of the population. There was no disposition to look upon the Scottish inquiry as being complete in itself, and he admitted there was a case for further inquiry.



PRIVATE S. BALDWIN, of the Queen's Bays, who sends me his photograph from Middleburgh, Transvaal, says he has been using my dumb-bells and developer for the past three months with splendid results, as may be seen. He tells me also that a shilling is demanded for the Magazine out there, and is paid willingly.

* * *



PRIVATE S. BALDWIN.

"Concerning the National Physique."

A writer in the *Referee* recently took exception to the statements, founded, by the way, on absolute facts, that the physical standard of the British, as a nation, was deteriorating. I am afraid he had not studied the situation or inquired into the matter with any degree of thoroughness before making the statements he did. Daily it is being driven home to me by actual cases; and how, in the face of facts contained in the supplement which I published last month, he can continue to hold the opinion he does, is quite beyond me. I think, after a few minutes' conversation with the writer, I could give him pretty conclusive proof that he is entirely wrong. The article in question drew forth a very forcible reply in the shape of a letter to the Editor of the journal in question, part of which I have pleasure in reproducing:—

"I regret to observe that 'Geraint' is optimistic in regard to the question of our physical degeneration. I wish I could share his view. I quite agree with him that size alone is not so important as many seem to think. What we should approve is the good man of his inches, and this class are hard to find; individually we find good physical development, but not in the mass.

"Lately I have cycled through most of Cornwall—a county I have known for thirty years, and have given particular heed to the general appearance of the natives, having

regard to the same as I remember it twenty-five or thirty years ago. I find it much degenerated. The boys of fourteen to twenty are weedy, sloppy, and awkward; thin legs, large feet, narrow shoulders, and poor development generally are sadly apparent. The fishermen are a sturdy race—though undersized generally, broad and strong; but the agricultural population are very poor.

"When I contrast the appearance of our young fellows with the average German, Swede, Norwegian, or Dane, it is remarkably to our disadvantage. It has been my pleasure to go rather fully into the physical system of education in Sweden, where in company with that splendid fellow, Colonel Balck, Director of Physical Education, I visited the schools of all classes, and saw and admired the thorough and excellent methods in force.

"Truly no other country has to contend with our congestion of population in large towns, but it is to the decay of bodily fitness in the country that my attention is chiefly directed now. The active able-bodied men are attracted to the towns, leaving the less fit to reproduce their kind in the country. Thus the evil is two-fold, involving a double degeneration.

"I find, on returning to my native village, that the boys with whom I fished, fought, and played have now mostly left the village for big towns, and it is remarkable that all the sturdiest and brightest are gone; the weaker are still here to rear a degenerated race.

"Lately I was in Sweden, and the sight of almost an entire population of well-set-up, broad-shouldered, deep-chested men and women was a constant delight to me. When I returned the contrast was indeed saddening. The Swedes are now reaping the harvest of two generations of thorough physical training compulsory everywhere, and a rich harvest it is.

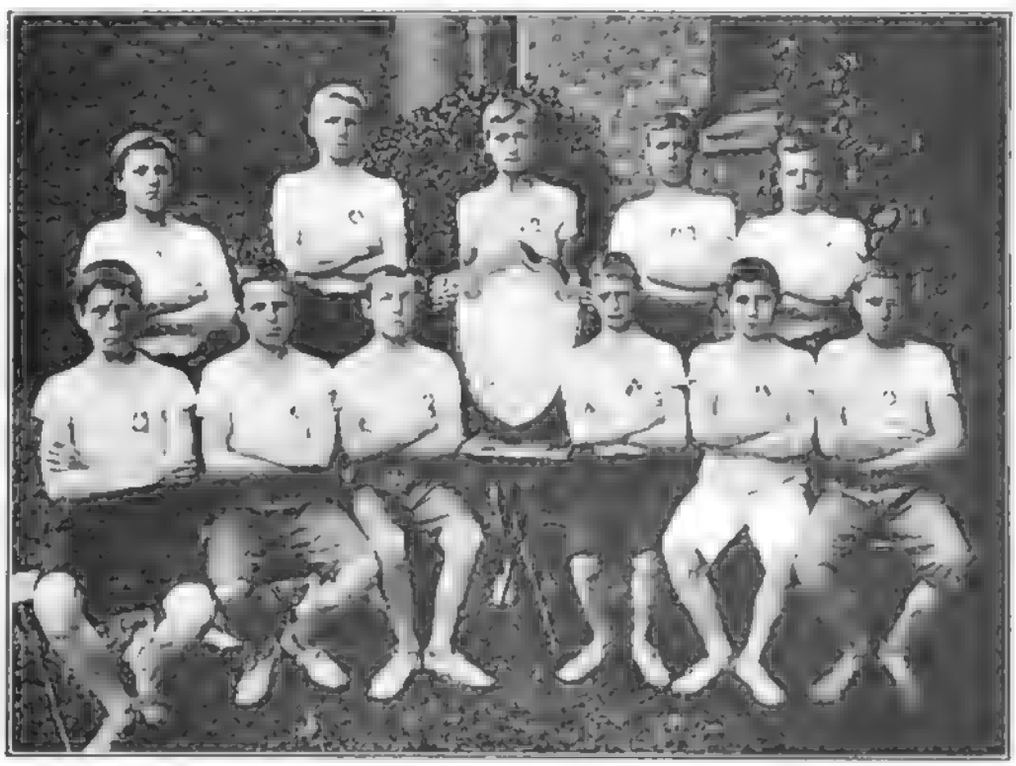
"Lately I met a Swedish medical man of great experience who was visiting this country to collect statistics as to our methods of training for sports—rowing, running, boxing, etc. He expressed admiration of our individuals, but thought poorly of us as a nation physically. The contrast is amazing to a Swede.

"I hope that you will continue to hammer away at the need for physical training of a compulsory character.—I am, Sir, yours, etc.,

"Q.

"Cornwall, June 14, 1903."

* * *



HOUSE 7, LONDON ORPHAN ASYLUM.
Winners of Shield and Silver Medallists, 1903.

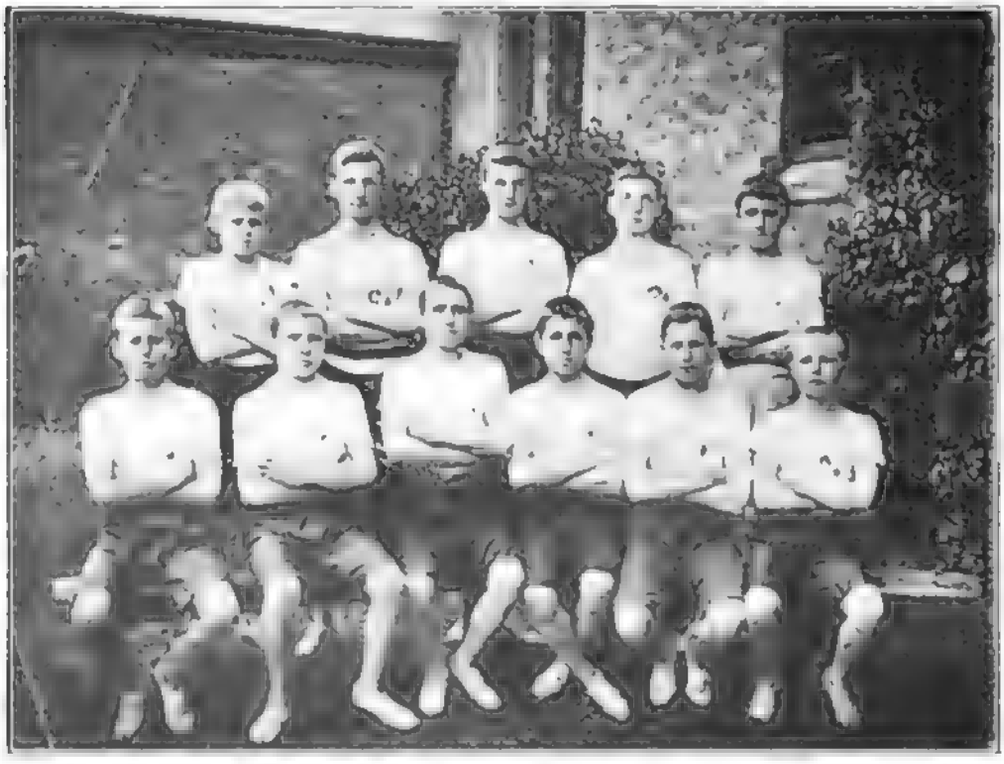
Leeds.

Eugen Sandow, Esq.

Sir,—Knowing from your excellent Magazine how much interest you take in whatsoever tends

to benefit physical training, and also observing Mr. Waite's letter to the *Yorkshire Post*, quoted on your p. 352, I enclose two articles I wrote for the *Yorkshire Weekly Post*. Pray accept these.

I have four big strong boys who live plainly and "do the exercises." Two of them on Whit Monday did a little stroll of 52½ miles (to York, about the city and minster, and back) without an effort or stress, a far better walk for health (at about 4¼ to 4½ miles an hour) than the recent absurd "competitions."



HOUSE 6, LONDON ORPHAN ASYLUM.
Bronze Medallists, 1903.

I am no believer in special training, but rather in the quiet life, combined with plain food and regular muscular exertion, for I have seen, in my day, too many good fellows and capital athletes die like rotten sheep from "training."

Wishing that every success and plenty of pupils and converts may attend your efforts to wake up the country.—I am, Sir, yours, etc.,

W. BARDWELL TURNER.

I am reserving Mr. Turner's excellent remarks on Physical Decadence for a future issue.

* * *

The London Orphan Asylum Sandow Shield.

On Saturday, June 13th, the third Annual Competition for the Sandow Challenge Shield, presented to the London Orphan Asylum, took place in the Grand Hall of the Asylum at Watford, which had to be requisitioned instead of the sports ground, owing to the wretched weather which prevailed. The bad conditions, however, did not prevent a large company from assembling to witness the competition, which proved of a very keen and interesting character. It is most pleasing to have to record that the boys are as enthusiastic as ever over the Sandow System, and certainly they do the system and their instructor, Sergeant F. D. King, the greatest credit. May they long continue to be such a fine example of what physical culture will do, to those who still continue to shut their eyes to physical degeneration. As the result of the deliberations of the judges appointed by Mr. Sandow, who was unable to be present, House No. 7 secured 193 points out of a possible 200, and secured possession of the Shield, each member of the winning team receiving silver medals. House No. 6, last year's winners, were second with 183 points and were presented with bronze medals, House No. 5 coming next with 180 points. The boys undoubtedly deserved the eulogistic remarks which fell from the large company present. Photographs of the

winning team and runners-up, taken by Sergeant King, will be found on another page. It will be remembered that it was the boys of the London Orphan Asylum who created such a favourable impression upon the members of the Royal Commission on Physical Training in Scotland.

* * *

Physical Training in Scotland.

Recently in the House of Commons on the vote of £808,828 to complete the sum for education in Scotland, science and art, including the grants in aid, the Lord-Advocate explained that the actual increase in the vote was £147,596, owing to the general aid grant, which amounted to £106,000, the sum which the Government decided, on the basis of the proportion of population, should be given to Scotland in respect to the money allotted to England under the Education Act of last year. He hoped they were on the eve of another Scotch Education Bill, pending which he thought the present arrangements would be found just and popular. Commenting on the report of the Commission on Physical Training, he said the statistics were not only interesting, but startling. The report had already borne fruit, because a Joint Committee, composed of representatives of the English and Scotch Departments, were now sitting with the view of framing some sort of model scheme of physical training in schools.

Sir J. Gorst called attention to the enormous waste of public money in providing education, because very many school children were not in a fit condition to receive instruction. A large minority of the children, if not a majority, were habitually underfed. There ought to be a periodical medical examination of all children attending public elementary schools.

Mr. Bryce, alluding to the report on physical training, said the question of the physical condition of city children attained greater importance every year, and he hoped that the Scotch Education Department would do something to carry out the recommendations of the Commission.

* * *

MISS L. G. MANLEY.

The accompanying letter from a would-be competitor in my Ladies' Competition speaks for itself.

Homburg, Frankfurt a/M.

Dear Mr. Sandow.—I enclose two of my photographs taken last year, in case they are any use for the Ladies' Competition, which I take much interest in. I am almost afraid that they show too little of the arms and figure, but in the Magazine I saw that you said ordinary dress would do.

The competition ought to give great encouragement to ladies to persevere in improvement in Physical Culture, and I only hope they will take advantage of your kind help.—With kind regards, yours sincerely,

LOUISA G. MANLEY.

I have great pleasure in publishing a photo of my correspondent, and would that there were more ladies alive to the necessity of looking after their physical welfare.

* * *

Athletics in the City.

By A. P. PARKER.

A NOTABLE achievement was that of Mr. H. Bennett, of the firm of Messrs. Smith & Lister, to which house the City Dolphin Club is attached. This gentleman, although 54 years of age, succeeded in walking from Westminster to Brighton without a single stop in 13½ hours, an age performance that will take a lot of beating, even if it is not a record.

The midnight walk to Southend, organised amongst the employees of Messrs. Schneiders & Son, took place on Saturday, June 6.

At the stroke of midnight Mr. Louis Schneiders sent the competitors on their long journey. Thousands of persons had assembled to witness the start from the London Hospital to the Victoria Hotel, Southend, *viâ* Rainham, Stanford-le-Hope, and Hadleigh.

For the first few miles the walkers kept well together, but by 2 o'clock the race for first man in resolved itself into about half a dozen. At 2.10 a distance of over 12 miles had been covered. Half-way was reached by 4.20, and the first man in was G. Lambie, who did the journey by 8.20, in 8 hrs. 20 mins. Out of the 31 competitors all but two accomplished the whole journey, and the majority did the 40 miles within the time limit of 10 hrs.

W. J. N. CUTCLIFFE,
Ravensbourne Club.

A London *v.* Glasgow shooting match recently took place between teams composed of dry goodsmen. The Scottish team shot on Tuesday, the 26th May, at Darnley, and the London team on the afternoon of Derby Day, at Bisley. The Scotsmen had the better weather, the London team having to contend with an awkward breeze. The Scots gained a decisive win, which was well deserved, their shooting being excellent.

The London team was as follows :—

Sergeant Raftery, of Wood Street, E.C.
Lance-Corporal Glendinning, of Gresham Street, E.C.
Gunner Carter, of the Borough, S.E.
Lance-Sergeant Fairall, of Cheapside, E.C.
Private Johnston, of St. George's Avenue, E.C.
Colour-Sergeant Beales, of Chiswell Street, E.C.
Private Sippe and Corporal Sippe.
Sergeant Stuckey, of Falcon Avenue, E.C.
Sergeant Greenacre, of Wood Street, E.C.

Their shooting at 200 and 500 was fairly good, but when firing at 600 the sun was setting behind the targets, and it was here so much ground was lost. The match was not a good test of their merits, but it is hoped that it will become an annual event.

A further spell of bad weather in June greatly upset the cricket championship, and many matches had to be abandoned. Rule 9 prevents delay on this account, but is not satisfactory, inasmuch as luck steps in rather too prominently at times. The rule reads: "Mutual Draws.—A mutual draw on account of weather, or other important circumstances, may be agreed upon by the rival clubs, provided they come to such decision by noon on Saturday, and jointly sign and forward a note to that effect to the Cricket Secretary of the Association by Saturday night's post. All mutual draws must be confirmed by the Cricket Committee before the points can be allowed."

Thus it is possible for a club to gain a point without playing the match, and in the case where, say three clubs are in the running for the top position, and Rule 9 is put in force in the case of a match between two of these three, it is distinctly hard on the other.

The cricket season is too short to allow of replays, but this is a point in favour of reducing the number of matches in one division.

At the time of writing Ravensbourne head the list, with Olympic second, but Condor have shown improvement and may upset calculations.

On June 27 Crownfield were successful over Faudels, but by 5 runs only, and play in final with the winner of Division I by reason of heading Division II.

City Albion have had a run of misfortune, and for the first time in the history of the competition occupy the bottom place.

Vaseledge, by defeating Aldersgate on June 27, won the Junior Cup.

The entries for the Bath and Flying Squadron Championships close on Sept. 10. The former will take place at the annual entertainment at Southwark Baths on Sept. 21, while the latter is down for the Ravensbourne entertainment at Westminster Baths, on Oct. 3.

The General Post Office Swimming Club, which so easily captured the Junior Water Polo Cup last season, is going very strong this year, although competing with the senior clubs.

Ravensbourne are also doing well, having beaten Fulham and drawn with City Albion, while Penarth is to be visited, and possibly Ilfracombe. Unfortunately, their crack swimmer, F. W. Moses, will be unable to assist them for some time through illness, his medical adviser having forbidden him to enter the water. This is a big loss to the club, and a great disappointment to Moses, who was looking forward to a good season.

V. Godbold, the old Olympic player, has this season been playing for Richmond S.C., and on Tuesday, June 23, appeared against Oxford University, who were beaten by six goals to two.

In the Junior Championship, Connaught, on the occasion of meeting Heron, scored 7 goals to their opponents' 5.

The Ravensbourne Athletic Club held their 32nd Annual Sports and Bicycle Races at Lee, on Saturday, June 27, and being

favoured with magnificent weather they brought off one of the most pleasant day's outings which could possibly be experienced. Commencing with a cricket match at 1.30 proceedings lasted until 9.30, when the last dance took place. During this time visitors had the opportunity of witnessing skittles, entering a dime museum, looking on at capital sports, seeing a balloon ascent, followed by illuminations and dancing, with the band of the East Surrey in attendance.

Nearly 6,000 spectators entered the grounds, and were most enthusiastic.

Three open events figured on the programme, viz., One Mile Bicycle Handicap, Half-mile Bicycle Handicap, and the Ten Miles Scratch Race for the Surrey B.C. Challenge Cup, the property of the Ravensbourne Club.

In the Members' events E. J. Ottey was at scratch in the 100 Yards and 300 Yards, but was unplaced in the first-named, and failed to catch W. J. N. Cutcliffe, with 22 yards start, in the second event, so had to rest content with second prize. In the One Mile Club Cycling Championship H. E. Babb, the holder, fell, and thus spoilt his chance of retaining the title.

Mr. W. J. N. Cutcliffe, whose photograph is reproduced, is the Captain of Ravensbourne 1st Polo team and 1st Football team. He is in the Running and Swimming teams, and also plays for the London Devonians. He is a splendid all-round athlete, and has won many prizes for running, in addition to honours gained at swimming and football.

BACK FROM A SAIL.

West End Association Notes.

W.E.A.R.A. Regatta.

A RECORD occasion in a treble sense. Record weather—for surely no West-End Regatta was ever rowed to the accompaniment of such an uncompromising, wretched downpour; record racing, for never were the trophies so hotly contested; and a record for Magpie, who turned the tide of her long sequence of blanks into a budget of successes that almost swept the card, for of the four events she secured three outright, thus claiming equality with the great achievement of Clarence in 1895. In both the Senior Eights and Fours Atalanta doggedly fought every inch of the course, but had to haul down their colours to their triumphant opponents.

Photo by Ball, 17, Regent Street, W.]

MAGPIE SENIOR EIGHT.

Winners of the Grand Challenge Cup, 1903.

While it is always desirable to see Regatta honours well distributed, there could have been no more popular winners than Magpie of 1903, for West-End Rowing men unanimously concur in their appreciation of the unswerving loyalty and devotion of Magpie to the W.E.A.R.A. Year by year this club, undismayed by repeated rebuffs, has brought forward her crews to maintain the traditions of her house, and with that the traditions of the Association, to find herself eventually rewarded, under conditions as depressing as can well be imagined, with a crop of Cups that, in her most sanguine moments, she could have little dreamed of annexing. Such is the popularity of one member of the crew that it will not be invidious here to single out the name of doughty George Hudspith for special congratulation. The Captain and backbone of the club, Hudspith, secures regatta honours for the first time in his career, after eighteen attempts—surely another record on this recordful day. The winning crews were as follows:—

SENIOR EIGHTS.

Magpie R.C.

	st.	lbs.
W. Mallet (Bow)	10	10
P. H. Townsend	11	1
G. G. Kynoch	11	4
J. F. Skinner	11	7
G. Hudspith	12	12
J. J. Mackenzie	11	10
W. Forbes	11	7
H. H. Day (Stroke)	11	3
W. Wilson (Cox)	9	2

SENIOR FOURS.

MAGPIE R.C.

	st.	lbs.
G. G. Kynoch (Bow)	11	4
W. Forbes	11	7
G. Hudspith	12	12
J. J. Mackenzie (Stroke)	11	10
H. Cowell (Cox)	8	4

JUNIOR FOURS.

MAGPIE R.C.

	st.	lbs.
A. Butters (Bow)	11	5
G. W. Henry	11	2
K. C. Kemp	12	4
A. J. Brayfield (Stroke)	11	3
J. Thomson (Cox)	8	4

The only other event of the day, that of the Junior Eights, fell easy prey to Oxford, the crew consisting of:—

OXFORD R.C.

	st.	lbs.
F. W. Mallett (Bow)	11	1
H. Clark	11	3
R. G. Guille	11	6
A. Sagar	11	4
A. C. McMorran	12	0
W. Cornelius	11	9
W. K. Luxton	11	10
E. G. Beckett (Stroke)	10	4
H. J. Douglass (Cox)	8	12

The one regrettable feature of the regatta, that of the paucity of entries for the Senior Eights, will no doubt engage the serious attention of the Committee; and we should say it is not improbable that more restrictive regulations governing the entries and composition of crews for the Junior Eights will be brought into force. It is, of course,

THE CLARENCE RIFLE CLUB AND RANGE, UNIVERSITY COLLEGE GROUND.

undeniable that the shifting character of the constituents that go to the development of a senior crew presents grave difficulties in West-End houses, yet it is also a fact that Atalanta, Magpie, and Clarence have for years consistently supported the Senior events, if for no other reason, on occasions, than loyalty; and what is possible in some houses should, with a little effort, be possible in others. That Clarence failed this year to find a crew for Senior Eights was entirely due to misfortune.

The Herbert Marshall Pairs, held on June 27, attracted an excellent entry of nine, and again Magpie distinguished themselves, through the medium of G. G. Kynoch, with W. Forbes (stroke), and H. Cowell (cox.). Hudspith has but to annex the Sculling Championship a little later in the season to fill their cup to overflowing.

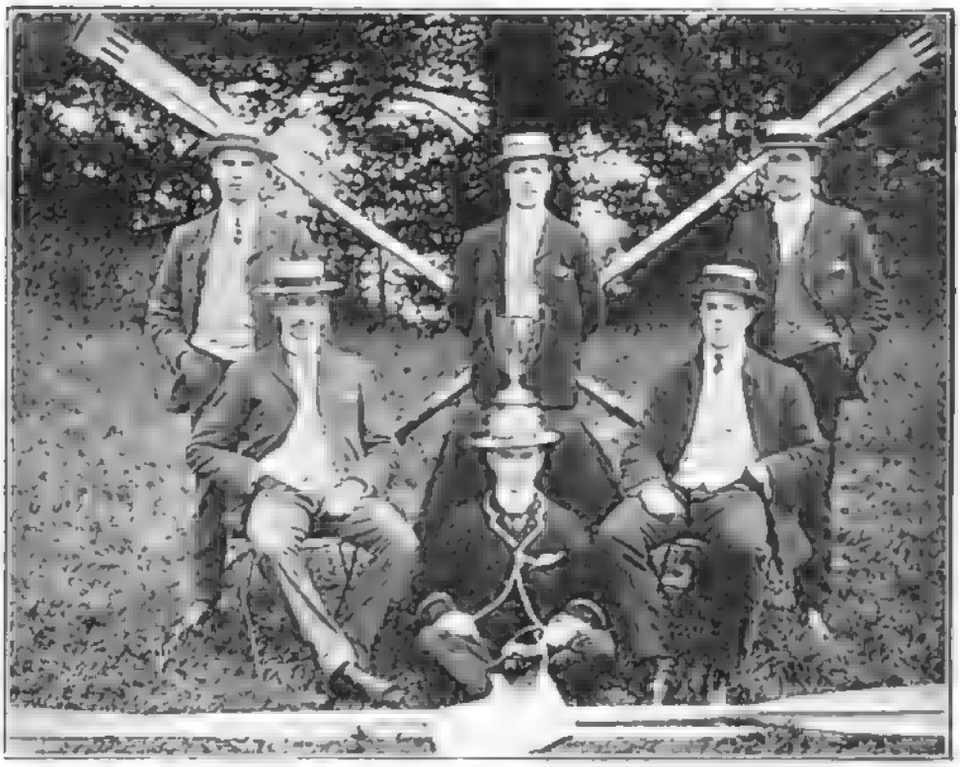


Photo by Ball, 17, Regent Street, W.]

MAGPIE JUNIOR FOUR.

Winners of the Challenge Cup, 1903.

To Amateur Photographers.

"SANDOW'S MAGAZINE" NEW PHOTOGRAPHIC PRIZE COMPETITION.

IN the place of our usual physical competitions, we have devised one which should prove acceptable to our readers at this time of the year, particularly those who take an interest in photography. Each month prizes will be given, to the value of £1 10s., for photographs of any sporting subject. The £1 10s. will be divided into first and second prizes, value £1 and 10s. respectively, or in any other proportion which may be decided upon, according to the merits of the photographs submitted. The prizes awarded will be in the form of orders to the amount, given on any firm advertising in the Magazine for the month in which the names of the prize-winners are announced.

The conditions are as follows:—

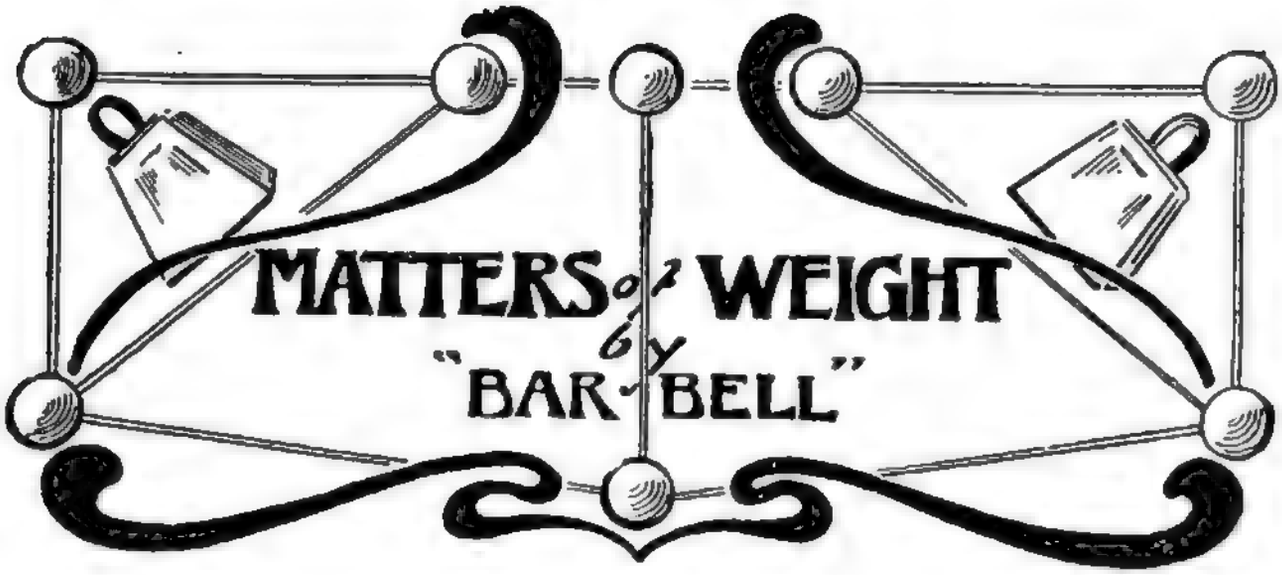
1. A Competitor may send in any number of photographs, but each one must be accompanied by the coupon in the current issue, which will be found on page v of the advertisements.

2. The coupons must be filled in with the Competitor's name and address, which must also be written in pencil on the back of each photograph sent in.

3. A stamped and addressed envelope must accompany all photographs, or they cannot be returned.

4. All photographs for this month's Competition must reach the Editor of "Sandow's Magazine," 32A, St. James's Street, S.W., not later than Thursday, August 13th, marked "Photo Competition" in the top left-hand corner.

5. The copyright of any photograph awarded a prize is to belong to the Editor of "Sandow's Magazine," who also reserves to himself the right of publishing any photograph submitted for competition.



THE value of gymnastics in moderation—and to gymnastics I apply the wide meaning which allows it to include all forms of athletic exercise—for children is recognised by all physiological authorities; and the benefits derived by growing boys—and girls, too—from the practice of carefully controlled physical exercises as a supplement to, or in some cases in the place of, those physical recreations we call games, are enormous, and in some instances almost incredible; but every expert on the subject knows that when such exercises indulged in by children become violent, or are of a character to throw unnatural strains upon the body, the line which divides usefulness from danger has been crossed. Not only the expert, but every person with an ordinary share of common-sense, too, ought to know that the soft bones, the undeveloped tendons and tender joints of youth are not calculated to bear without injury the same strains as may be borne with immunity from danger when maturity is reached.

Exercise in moderation is a necessity for all, but violent strains and exertions confer no actual physical *benefit* on anyone, young or mature; and in the case of children must result in harm. No one would encourage a boy, in his early teens, to go in for long-distance running or cycling performances in which the physical strain is great and long-continued, and no one would or should encourage him in such severe feats wherein the effort is violent and temporary, as weight-putting or hammer-throwing. With a carefully prepared adult the bones, joints, muscles and ligaments are sufficiently strong to bear these strains without suffering injury, but the unset frame and tissues of youth, if subjected thereto, are almost certain to suffer, although the muscular development of the youngster may be well advanced.

In my opinion, weight-lifting—and by this term I mean the use of weights which cannot be lifted without great exertion—is a sport in every way eminently unsuitable for children. It must be remembered, although the fact is frequently forgotten or ignored, even by adults, that in any feat or exercise requiring the exertion of great strength, it is *not* only the muscles which are brought into play; every part of the frame contributes its quota to the effort made; the mind is engaged; the bones have to bear a share of the strain, and the tendons and ligaments which unite the bones and the muscles to the bones are also brought into play. Now every man familiar with athletic exercises knows how comparatively easy it is to injure one of these essential portions of the body, or to bruise the gristly cushions which intervene between the ends of bones acting end to end by some particularly violent effort; and he ought to be aware how far more easily injuries to these parts may be sustained when

imperfectly developed as in youth. Because a lad has been carefully trained to regular and scientific exercise, and has acquired a muscular development greatly in excess of the ordinary, there is no guarantee thereby furnished that those portions of his frame which could not reach their proper development except with increased years would, if he were put to weight-lifting, bear without injury a strain apparently only in proportion to the size of his muscles. I am afraid it will be some time yet before it is generally realised that muscular development alone does not mean the perfection of physical equipment and well-being. Because a child of fourteen can boast of a ten-inch bicep it does not follow that he can perform, with certain immunity from serious consequences, feats that a boy whose arm measures an inch and a half more would not be expected to perform. Every physiologist will declare that violent and unnatural physical strains during childhood, when the body is being built, may do incalculable harm, and cause injuries—not necessarily obvious, but present all the same, and likely to become apparent in after life; and I assert, most emphatically, that heavy-weight lifting is of the nature of a violent strain, no matter what the muscular development may be; and on that account I strongly condemn the application of the sport to growing children; in fact, I should place eighteen as the very earliest age at which a young fellow should take up weight-lifting. Some weight-lifters go further than this, and argue that heavy-weight lifting should not be attempted until years of manhood are reached. Such is the opinion expressed in an extremely useful handbook on weight-lifting which has just been published, and as the writer thereof is a professional at the game, and one of the best, his opinion should carry some weight.

The handbook I have referred to is one of such great interest to all interested in weight-lifting that for once I will hazard deferring any more personal notes, and will review it at some length.

This book, written by the Attila Brothers, and published at a price which brings it within the reach of all, claims to be a complete guide to the art of weight-lifting; and although there might be more instruction and less Attila Brothers in it, I would recommend its purchase, for the directions given, although somewhat short, are perfectly clear and simple, and illustrated by many drawings. Before he has covered many pages Attila makes a statement which will cause a shock to many "strong men" aspirants. "I would point out," he says, "that weight-lifting alone will not develop muscle to any extent." This is directly contrary to the theory of some, and the belief of a great many, who assert and believe that the quickest method of acquiring great muscular development is to go in for heavy-weight lifting. Further, he says that no one under the age of twenty-one should attempt the art, but content himself with strengthening and developing his body by the practising of *light* exercises daily (this is contrary, it will be observed, to Hackenschmidt's theory, and in conformity with Sandow's suggestions). These light exercises are not to be overdone, however, as continued for too long a time they tire out and destroy the life, the energy of the muscles, although certainly creating great muscular development. Slight increase in poundage of bells is better, therefore, than too long continued repetition of the movements. Expander pulling and pressing is also advised, but the expander should not be too powerful, one such as can be easily stretched at first, and the movements not repeated more than three or four times.

Next month I will continue my review, for I fear I have already exceeded the space at my disposal.

Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on page iii of cover.

All communications relating to Instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

D. Low, Kimberley.—Thanks for photos, but they are too faint for reproduction. Glad to know you are doing so well under the system.

F. Burns, Lancaster.—Thanks for suggestions. I should think this month's issue will be to your liking.

H. H. Brown, co. Dublin.—I regret I do not know the address of the gentleman you mention.

Optic.—(1) No; I do not think you could improve your eyesight in the manner you speak of. It is only playing with a precious gift. Get advice from an oculist. (2) Do not do the Abdominal Chart at present, and in doing the other charts omit Nos. 11, 12, 14, 17, 18. Why not consult a doctor?

G. H.—I certainly think your doctor is right. No abdominal exercises should be indulged in, and on the Nos. 1-2 Charts omit Nos. 6, 11, 12, 14, 15, 17, 18. In all your exercises breathe *normally*. Continue to wear a truss at all times, and be very careful how same is fitted.

C. Thomas.—(1) Practise the Chest Expander Chart thoroughly, emphasising particularly all exercises where the rubbers are behind the shoulders. Sculling would be a good thing, but not too much rowing. (2) Practise thoroughly No. 8 of the (1) Chart.

J. A.—The cords should rest on the shoulders.

R. B. E.—Your measurements are very fair indeed, and I suggest the reason of your tiring in the manner named is because your arms and legs are not so strong proportionately as your body. Practise daily No. 1 Chart, and do not overdo the swimming.

John Kenny.—Select the exercises you think you need most, and then do about 40 minutes daily, half in the morning, remainder in the evening. A combination of the developer or dumb-bells on alternate days would suit you. Why not take a course by post? See advertisement in Magazine.

J. G.—For answer to your first query see last month's issue. For the second, I do not remember his photos being published lately, and do not know where you could obtain one.

An Admirer.—Rest the heels on the floor each time. If the pain still continues, leave the exercise out altogether. It is a very mild exercise indeed, and unless you have been doing it a great many times there is little possibility of your having injured yourself.

A. Sworrington.—The pains may be due to rheumatism or to a muscular weakness. Practise the leg exercises thoroughly, and try massage after exercise, also before and after entering the water.

Digitized by Google

D. M. McKie.—Certainly you cannot stop growing. Your remedy is to take plenty of dumb-bell and developer exercise, and so increase your width and weight proportionately. Work from the No. 1 Dumb-bell Chart and Chest Chart, and take Plasmon with your food.

Eric, Sutton.—Opening of schools take a deal of time, and at present nothing definite can be stated. In the meantime no one is authorised to teach the Sandow system in that district. The challenge, like most such, is an excellent way to advertise cheaply, and there is not much likelihood of it being accepted or even noticed.

——— ?—By curling the weight in is meant to lift it slowly from the floor on to the shoulder without any jerk whatever. See the May number, "Wanted, a Philanthropist."

Sport.—I suggest you are leading a fine healthy life, and one from which you will reap benefits for years to come. Surely to have a fine figure such as you have, and to be strong and healthy, is not inelegant. Dismiss your original idea and "carry on" as at present. I admire your method of living, and shall always be pleased to help you.

Cordis.—Why swing your arms round in this manner? Why not take some proper systematic exercise that would strengthen your heart's action? I strongly advise you a course of Postal Instruction, which would materially benefit you in every way.

Dominis.—It is extremely unlikely that you have strained your heart. I advise you to have your heart sounded, to thoroughly study the exercises so as to ensure your doing them correctly, and if necessary, curtail the exercises slightly, or divide them, doing half morning and evening.

J. H. Ross.—I imagine you are not doing the correct exercises. Remember a chain is as strong as its weakest link. Your muscles are apparently strong, but your internal organism not all it should be. I strongly advise you a course by post, in which case suitable exercises could be prescribed you.

Alice G.—(1) It is a question of the blood and relatively the skin. Try a change of diet, and exercise regularly about 20 to 30 minutes daily, followed by cold bath. (2) You have not, apparently, seen the charts. Get the Anatomical Chart and study *it* thoroughly, and take a course of postal instruction, which will remedy both your troubles. (3) See editorial notice under contents in this month's issue.

J. W.—I have sent your letter on to the firm interested. I cannot understand delay.

V. C. van Blommestein, Cape Town.—I will make a search for them. They have not come to my notice.

G. R. F.—The exercises on the Children's Chart, *without* any dumb-bells, will be ample for her without chest expander exercises. 15 to 20 minutes daily is ample, paying particular attention to the breathing exercises.

John Haring, Cape Town.—(1) No; certainly not. (2) To learn you are not too young, but to go in for it violently would be a mistake. Practice carefully once or twice per week. In the meantime build your body up with Physical Culture.

W. Matthews.—You are doing excellent work in obt ining recruits to my system, but I do not advise you to practice weight-lifting. Go in thoroughly for light dumb-bell exercises and drill, which will do you all far more good than lifting weights. I shall be pleased to receive your measurements on beginning your work and after 6 months.

Traveller.—(1) Lose no time in getting into your clothes. Friction as a general rule is not necessary. It may be applied in cases of obesity to advantage. (2) Provided you exercise regularly daily, and in doing so induce a proper perspiration, after which a cold plunge; then the other method of bathing may be curtailed to 3 or 4 days per week.

G. P. Merchant, Valparaiso.—As you surmise, the straight back is the correct form of figure. Not stiff as a poker, to use your own words, but with that graceful incline which suggests strength and agility. The bends which you mention would be from weakness in the local muscles of that region. The remedy, therefore, is to develop those muscles particularly. The muscles which play an important part in the carriage of the body are those of back, neck, side or oblique abdominals, and the rectus abdominus (front portion). If particular attention is paid to these also a general development of the whole muscular system, we opine, will assure a natural and graceful curve. The present military system, although very good, is not doing all it might in this direction.

Leander, Toronto.—(1) I am making enquiries for you. I have so many, it is very difficult to remember them all. (2) Most of them have been published in the Magazine. See also advertisement pages.

F. J. Darbey, Bristol.—The subject was fully dealt with in vols. 9 and 10 of the Magazine. There are also several books on wrestling, the most exhaustive probably being that belonging to the Badminton Library series.

S. A. F.—You have not given it a sufficient trial. Go another two months and then report to me.

H. S. Cheetham.—Regret to say Vol. II. is out of print.

Digitized by Google

To My Readers.

IMPORTANT NOTICE RELATING TO MY POSTAL INSTRUCTION DEPARTMENT.

I regret having to announce that owing to the enormous mass of correspondence which inundates me day by day in connection with my Postal Instruction Department, I cannot possibly, under existing conditions, give the necessary time and consideration to each individual application.

I have therefore decided, in common fairness, to limit prescriptions by post to what may be called

Curative Physical Culture.

THIS HAS NECESSITATED THE DISCONTINUANCE OF THE 2/6 MONTHLY COURSE.

The cases upon which I shall now give advice are those where expert and individual instruction is necessary.

Among these may be named—

INDIGESTION,
INSOMNIA,
CONSTIPATION,
NERVOUS DISORDERS,
SLUGGISH LIVER,
WEAK LUNGS,
OBESITY,

and generally the disorders resulting from a sedentary life.

Those of my readers requiring treatment under these and similar headings, should write to me at the offices of the Department, and I will send without charge my new treatise, **CURATIVE PHYSICAL CULTURE,** a handsome volume of 50 pages, which will give the necessary information.

The fees are, of course, on a revised scale, but they will be found commensurate with the work involved.

(Signed) Eugen Sandow

Address—S. POSTAL INSTRUCTION DEPARTMENT,
17, 18, Basinghall Street, London, E.C.

Digitized by Google

"No Better Food."

Dr. ANDREW WILSON, F.R.S.E., &c.

Fry's

PURE CONCENTRATED

Cocoa.

Sandow's Magazine *says*—"Tea should not be used for breakfast, but a cup of pure cocoa, such as Fry's Concentrated—which, being free from adulteration, will be found to agree with the weakest digestions. In fact, no less an authority than DR. ANDREW WILSON, F.R.S.E., has declared it to be the IDEAL OF PERFECTION."

"STRIKING"

TESTIMONY TO THE VALUE OF SANDOW'S SPRING GRIP DUMB-BELL

COPY OF TESTIMONIALS.

2, CARLYLE GARDENS, CHEYNE ROW, S.W., May 17th, 1900.

SIR,—I am much obliged to you for the Spring Grip Dumbbells. I have used a similar pair for some months. The grip system combined with a scientific arrangement of exercises is certainly a great advance on the old fashioned combination of clumsy bells and vague exercises. The grip bells are certainly very good for strengthening the muscles of the forearm, which of course are much used in many strokes in cricket.—With thanks, I am, yours faithfully, C. B. FRY.

GRANGETHORPE, O. W. TRAFFORD, May 2nd, 1900.

SIRS,—Your dumbbells to hand, for which please accept my thanks. Having used them on previous occasions I can honestly say I have derived much benefit from them, and, so far as cricket is concerned, I feel sure that nothing but good can be the result of the use of the same. A pair of your dumbbells are kept in the chief dressing-room of our pavilion.—Yours truly, A. C. MCLAREN.

5/0 to 12/6 per pair.

Illustrated Descriptive Circular mailed free on application to—

Sandow Spring Grip Dumbbell Co.,
SANDOW HALL, SAVOY CORNER,
Victoria Embankment, London, W.C.

Printed & Published for Sandow, Ltd., by Harrison & Sons, Printers in Ordinary to His Majesty, 45, St. Martin's Lane, W.C.

Digitized by Google